Vol. 45 No. 5 Fort Buchanan, Puerto Rico www.buchanan.army.mil May 2010

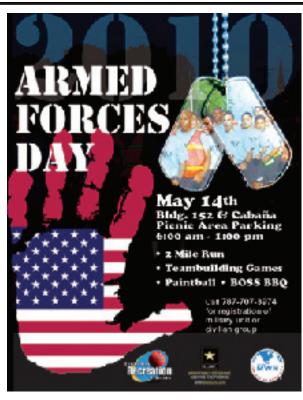
PUERTO RICO SENATE HONORS FEMALE VETERANS



Veterans awarded during the First Female Veteran Award Ceremony held at the Puerto Rico Senate, April 14, 2010. The award reads in part: The Honorable Senate of Puerto Rico proposes this High Chamber to send a message congratulating and recognizing these women for being selected Outstanding Female Veteran, representing various military organization. The Female Veteran has a very important place in our society for her great responsibility and commitment in serving the United States Army. She is a woman that left family, work and comfort to serve her Nation. The Puerto Rico Senate congratulates and recognizes them, worthy example of the struggling women, who have overcome all obstacles to remain active serving the Puerto Rican society as a civilian and exhorts her to continue with the same enthusiasm and sense of service to promote the quality of life of all female veterans. Story and photos on pages 9 and 15.



Major Ivelitza Roman, Asst. IG has a definite concept of her new duties. She is ecstatic to be in Fort Buchanan once more. Now, as an IG she has another opportunity to support the Soldiers and the Installation that comprises a group of mentors who contributed and continue to play an important role in my military career. To them, she wants to Thank You for all their support; it is her turn to give back. Read more on page 14.





Leading the way in fulfilling Col. Fernandez's vision for the 1st Mission Support Command "To promote, recruit and grow professional Soldiers and better citizens," Lt. Col. Luis Pomales, Assistant Chief of Staff administers the Oath of Office to 2nd Lt's Freddy Sanchez (right) and Jorge Baez (left) as chaplain candidates, while Deputy Command Chaplain (Maj.) Craig Pache looks on. As chaplain candidates, Sanchez and Baez will continue their theological studies, while gaining valuable professional and vocational experience under the supervision of 1st MSC Chaplains. More 1st MSC stories on pages 18-20.

AND OF THE CAME

FROM THE COMMANDER:

The Fort Buchanan Mission — Enable customers to succeed by providing sustainable Base Support and excellent services.



Col. Edwin C. Domingo Garrison Commander

One of the most significant months of the year is May. In 31 days, it combines various national observances and celebrations. Their meaning sometimes would go unnoticed for some people; however, they play a significant role in our lives as members of the Army family, an Army strong family.

We begin with Asian-Pacific American Heritage Month – a celebration of Asians and Pacific Islanders in the United States. To honor the achievements of Asian/Pacific Americans, the Congress by Public Law 102-450 as amended, has designat-

ed the month of May each year as "Asian/Pacific American Heritage Month." May commemorates the immigration of the first Japanese to the United States on May 7, 1843. It also marks the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants.

Since their arrival 167 years ago, Asian-Pacific Americans have contributed to strengthen the American society as well as the United States Army. The Asian-Pacific American designation encompasses over 50 ethnic or language groups including native Hawaiians and other Pacific Islanders who generation after generation have arrived to the coasts of the United States with one goal in mind, reaching the American dream.

As Asian-Pacific Americans established, they enriched our Nation with their cultural traditions, languages, religions but most of all with their values. It is noteworthy their entrepreneurship, excellence in education, and community service. All these values share an important foundation, the love of family, respect for the elderly and the dedication and commitment to serve others. This commitment has been evident by

the generations of Asian-Pacific Americans who have proudly serve our Nation with honor and courage in wars an conflicts, to include the most recent - Operation Iraqi Freedom and Operation Enduring Freedom. It has been their sacrifices along with members of many other cultures united under one flag that make our country strong and our Army stronger.

May is also the National Military Appreciation Month, time to honor our men and women in uniform. The bravest and the finest among all military in the world who answer the call of duty to guard our Nation on land, air or sea, as stated in each of their mottos: "This We'll Defend (Army), "Semper Fidelis" ["Always Faithful"] (Marine Corps), "Not Self But Country" (Navy), "Above All" (Air Force) and "Semper Paratus" ["Always Ready"] (Coast Guard).

Close to the heart of each and every military are their families, specially their spouses. The Friday before Mother's Day is designated to honor the courageous spouses and families of our military. It is their unconditional sacrifice, exceptional courage and quiet strength that support our troops.

Our military spouses walk the talk as they sustain the morale of

our Soldiers, Marines, Sailors, Airmen, and Coast Guardsmen through letters, emails and most of all, their thoughts and prayers. They represent what LTG Lynch describes in his column as "Resiliency". Our military spouses remain strong maintaining the stability of our families, making sure children are taken care of through food, clothing, health, transportation and above all, lots of love and affection. They are the solid foundation amidst the daily stress of life and every day challenges. They may not wear a military uniform as their spouses but they do serve the Nation as well as any of our valiant armed forces.

To all our military spouses "Thank you". We are eternally grateful for your service to our country. You represent the best of the United States Armed Forces, the quiet core force that plays a vital role in the Nation's defense.

On May 14, the U.S. Army Garrison Fort Buchanan will celebrate its traditional Armed Forces Day Run. This year's theme is "United in Strength". It is our way to foster our great relationship with our sister services, family members, civilian warriors, our veterans and retirees. I extend my invitation to all of you to come together at 6:00 a.m.

in front of the Welcome Center, Bldg. 152 to share some fun in a day of camaraderie with old and new friends.

The month culminates with Memorial Day, a day set aside to recognize all men and women who died in the nation's service, those who paid the ultimate sacrifice so we can reap the benefits of freedom and democracy. I ask you to take a moment during Memorial Day and in a silent tribute pay homage to the brave men and women who took the oath of allegiance as members of the United States of America's Armed Forces and died honoring their word, their commitment, and their loyalty. As we pause to remember our Soldiers, Marines, Sailors, Airmen, Coast Guardsmen, let's also remember the young generation of men and women in uniform, active duty, Reserve and National Guard who have died in the line of duty since the Global War on Terror started.

It is for these and many reasons that May plays a significant role in the lives of the military family, our Army family, our Army strong family.





Commanding Officer Col. Edwin C. Domingo

<u>Deputy Commander</u> Lt. Col. Gerald Savage

Command Sergeant Major CSM David Davis

> Dep. to Garrison Cdr. Gunnar Pedersen

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<u>1st MSC PAO</u> Sgt. 1st Class Alfonso Flores El Morro is an authorized publication printed in accordance with Army Regulation 360-1.

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The Editor reserves right to edit all submissions and to determine the suitability for inclusion in El

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Resiliency

Resilience is also the ability to bounce back in the face of adversity... it's mental toughness! Webster defines resilience as, "the capability of a strained body to recover its size and shape after deformation caused especially by compressive stress" and "an ability to recover from or adjust easily to misfortune or change."

The strength of our Nation is only as strong as the Soldiers, Families, and Civilians that courageously support and defend it. Over the last 8 years, more than one million Soldiers have deployed to combat, over 3,900 Soldiers have sacrificed their lives, and more than 25,000 have been wounded in service to our country. Army units and Families across the globe are relocating in compliance with the Base Realignment and Closure Law, and we continue to transform our business practices. To remain strong in this dynamic environment, leaders must proactively maintain and develop resiliency programs and services to enable the total Army Community (Soldiers, Civilians, Families, and Retirees) to maintain healthy relationships and happy lives.

Our approach to supporting resiliency for the Army Community is to enhance their ability to adapt to stress by supporting, maintaining, and developing programs and services that promote total wellness. As I have said before, I am convinced that the Army spends too much time fixing Soldiers after they break, evidenced by the rise in suicide and substance abuse rates. We should be spending our time, energy, and resources to make the Army Community resilient to prevent them from breaking.

We will use the Public Health Model of assessment, education, intervention, and treatment to integrate and deliver services to help prevent Soldiers, Civilians, and Families from breaking. By applying this model before a crisis happens we will be better able to keep the Army Community strong in all dimensions of resiliency.

Individuals must be fit mentally, physically, and spiritually to achieve optimum resilience. The Installation Management Community will provide the best care, support, and services for the Army Community by improving quality of life through initiatives, such as the Army Family Action Plan, the Army Family Covenant, Army Community Covenants, the Installation Management Campaign Plan and the Comprehensive Soldier Fitness Program.

When I was the senior commander at Ft. Hood, I built a Resiliency Campus to enable the Army Community to become resilient before deployments, during deployments, and to solve many other challenges faced by Army Families. Other IMCOM garrisons are also focusing on resilience. Fort Bliss has a Restoration and Resilience Center that offers a Warrior

Resilience Program and a Family Resilience Program. Fort Jackson is planning to open a Master Resilience Training school that will offer a 10-day Master Resilience Training Course to equip leaders to teach coping skills to unit members. At Fort Campbell, the Family Resiliency Council has teamed up with key organizations to be one of the first installations to publish an online resource guide to provide accurate and accessible information to Soldiers, Families, and Civilians. These are but a few initiatives underway dedicated to enhancing Soldier, Civilian, and Family resilience.

The strain of multiple deployments and other stress factors may continue into the future. Therefore, I challenge leaders and personnel throughout the Army Community to think of new ideas to enhance installation resiliency initiatives and to send your ideas to your installation leadership or me. I also challenge each of you to take advantage of existing programs and services on your installation and in your community.



nity to remain mentally, physically, and spiritually fit. The Army Community is strength of our Nation and IMCOM garrisons are the Army's Home!

Support and Defend

Lt. Gen. Rick Lynch, Defender 6 Commanding General Installation Management Command



White House Mulls Military, Civilian Strategic Communication Initiatives

By Fawzia Sheikh Inside The Pentagon

The White House plans to appraise military communication and engagement programs and related investments to identify those that may be more appropriately funded or implemented by civilian departments and agencies, particularly outside theaters of conflict.

An interagency working group is looking at how to allocate financial resources, quickly streamline or eliminate programs, preserve important capacities and expedite strengthening civilian agency capabilities, according to the administration's interagency strategy for public diplomacy and strategic communication, unveiled March 17. The report was mandated by section 1055 of the Fiscal Year 2009 National Defense Authorization Act.

The working group is developing short-, medium- and long-term options, the White House notes.

Accountability, assessment and reporting are "critical aspects" of the White House's new planning process to ensure "all major deliberate" communication and engagement efforts are coordinated and effective, according to the report. The administration is "aware of concerns that the resources for our efforts need to be re-balanced according to established roles and responsibilities," it states.

Matt Armstrong, a consultant on strategic communication who operates the Mountain Runner blog, wrote last week that the working group's fourth task "deserves special attention." This task concerns "how best to expedite revitalizing and strengthening civilian

department and agency capabilities, both qualitatively and quantitatively, to enable them to effectively execute these programs and activities," the report states.

The issue of quality is "tremendously important," Armstrong writes. "We already know that public diplomacy personnel at the State Department are limited in their ability to conceive and execute programs based on limited resources and appreciation of the practice from a managerial point aspect."

More than establishing new positions, this is about determining why the State Department and other agencies are not attracting "the best and the brightest that want to make public diplomacy their career." he states

make public diplomacy their career," he states.

Over the years, the "popular" strategic communication term has led to "significant confusion," according to the administration's report. The White House study revealed the need to "clarify what strategic communication means" and how communications efforts are guided.

Strategic communication is defined in the report as the "synchronization" of words and deeds as well as deliberate efforts to communicate and engage with intended audiences. The report does not advocate new concepts or organizations.

But the White House writes that synchronization means actively considering how U.S. government actions and policies will be "interpreted by public audiences as an organic part of decision-making." The most "senior levels of government" must advocate and im-

plement a culture of communication reinforced through "mechanisms and processes," the report urges.

Deliberate communication and engagement refers to the government's range of programs and activities focused on "understanding, engaging, informing, influencing, and communicating" with people through public affairs, public diplomacy, information operations and other efforts. The initiatives must articulate "what the United States is for, not just what we are against," the administration notes.

The report, moreover, lays out the roles and responsibilities for all government agencies, including the Pentagon.

Rosa Brooks advises Under Secretary of Defense for Policy Michèle Flournoy on strategic communication and heads the office's Global Strategic Engagement Team. The team facilitates the strategic communication process within the policy shop and liaises with other DOD agencies, according to the White House.

Janine Davidson, deputy assistant secretary of defense for plans, has the primary responsibility to ensure that guidance for strategic communication is included in strategic planning guidance documents, such as the Guidance for the Employment of the Force and the global force posture, notes the White House.

Last December, DOD wrapped up a report on strategic communication. The State Department in recent weeks also completed its own public diplomacy plan.



Army Suicide Prevention Program

By Chap. (LTC) Kenneth Lawson



Chaplain (Lt. Col.) Kenneth Lawson, Fort Buchanan Garrison Chaplain.

What is it?

The Army Suicide Prevention Program (ASPP) is an Army-wide commitment to provide resources for suicide awareness, intervention skills, prevention, and follow-up in an effort to reduce the occurrence of suicidal behavior across the Army enterprise. The ASPP develops initiatives to tailor and target policies, programs, and training in order to mitigate risk and behavior associated with suicide. A function of the ASPP is to track demographic data on suicidal behaviors to assist Army leaders in the identification of trends.

What has the Army done?

The ASPP has been in existence since 1984. Since 2001, the Army has increased emphasis on preventive and intervention measures, directing commanders to take ownership of the program and synchronize and integrate resources at installation level to mitigate risk. Suicide prevention training is provided in the pre-command, leadership, and noncommissioned officer courses, and to all deployed Soldiers during the redeployment phase of the Deployment Cycle Support Process.

In 2002, the Army provided Applied Suicide Intervention Skills Training (ASIST) workshops and interactive CDs to installation chaplains to reinforce training at unit level. From 2003 to 2006 the Office of the Surgeon General (OTSG) deployed Mental Health Advisory Teams (MHATs) to Kuwait and Iraq to assess the mental health status of deployed Operation Iraqi Freedom Soldiers. OTSG has continued to assess the ASPP and behavioral health care in Iraq through follow-on MHAT visits. As a result of the MHAT visits, OTSG established an additional behavioral health consultant position to synchronize and coordinate behavioral health resources needed across the area of operations. In 2006, the Army G-1 created a Working Group to better integrate and synchronize efforts from various agencies, identify trends, and provide recommendations to senior Army leaders.

Since 2007, the Army has increased the number of Suicide Prevention Coordinators in the Active Component, the Army National Guard, and the U.S. Army Reserve; distributed 5,000 ASIST kits; and formed the MNF-I Task Force

to review trends and allocate resources as needed. These initiatives have resulted in an increase of behavioral health personnel for units who have been in theater for over six months environment. It also requires a Health Promotion Council to aid the commander in suicide prevention at every installation. On 11 February 2008, the Army G-1 met with The Surgeon General (TSG), the Chief of Chaplains, and the Director, Human Resources Policy, G-1 to discuss a way ahead in developing a viable Army Suicide Prevention Action Plan. After a review of the draft CY08 Army Suicide Prevention Action Plan, the panel engaged in discussion targeted at a way ahead. The panel discussed the need for a multidisciplinary approach to any solution to ensure we provide the best tools for commanders in the field. Central to the discussion was a focus on an Army Suicide Prevention Strategy that is designed to: Reduce the stigma of seeking mental health care; Improve access to behavioral health providers; Raise the awareness of junior leaders while instilling intervention skills; Provide actionable intelligence to field commanders that includes lessons learned and trends analysis; and increase life skills. A charter was developed to form a General Officer Steering Committee (GOSC) for Suicide Prevention. The GOSC continues to meet to assess policies, programs and training efforts for suicide prevention.

What continued efforts does the Army have planned for the future?

The Army plans to increase suicide intervention and risk assessment skills through Ask, Care, Escort (ACE) skills training at military installations and in theater. The Army is also distributing 6,500 ASIST kits for key leader training. In fiscal year 2009, the Army will conduct four Train-the-Trainer events to refresh the Army inventory of ASIST trainers Army-wide and develop measures of effectiveness and compliance.

An analysis cell is currently being established within the U.S. Army Center for Health Promotion and Preventative Medicine (CHPPM) to provide information across the Enterprise to mitigate risk associated with suicidal behavior. In addition, the analysis cell will provide information to GOSC to further shape policies, programs and training to reduce suicide events in the Army.

Why is this important to the Army?

The loss of any American Soldier's life is a great tragedy, regardless of cause. In the case of suicide, the Army is committed to providing resources for awareness, Intervention, prevention, and follow-up necessary to help our Soldiers, Civilians, and their Families overcome difficult times.

What resources are available?

Local Garrison Chaplain's office: (787)-707-3904 or 24/7 (787)-244-4981

Army G-1: http://www.armyg1.army.mil/ hr/suicide/default.asp

CHPPM: http://chppm-www.apgea.army.mil/dhpw/Readiness/suicide.aspx References: http://www.army.mil/aps/08/

U.S. Army Quality of Life Issues

By Army News Service



Sgt. Maj. of the Army Kenneth O. Preston testifies on Capitol Hill about quality of life issues within the Army. The Army's senior enlisted advisor addressed deployment cycles, suicide prevention and the Comprehensive Soldier Fitness program.

Photo credit J.D. Leipold

WASHINGTON -- The Army's senior enlisted advisor told members of Congress Wednesday that what keeps him awake at night is stress on the force.

Sgt. Maj. of the Army Kenneth O. Preston testified to the House Appropriations Committee military construction subcommittee alongside his service counterparts from the Navy, Air Force and Marine Corps. He said that stress across the force affects Soldiers and their families in all three Army components in different ways, depending on whether a Soldier serves in the operational force or the generating force.

"Indicators of stress on the force

"Indicators of stress on the force can be seen in the increase of suicide rates again this past year, post-traumatic stress cases also increasing and divorce rates ticking up a little," Preston said. "I believe the training and the programs we began executing this past year have -- and will continue to make -- a positive impact on these disturbing trends."

Preston added that the committee's support in past years for family housing, barracks, pay, child care and youth services along with their help in modernizing hospital infrastructure had made a significant impact on retaining "our very best Soldiers and their families."

When asked about deployment cycles, Preston said units were averaging between 15 and 18 months between deployments, depending on unit type, adding that he and Chief of Staff Gen. George W. Casey Jr. had seen a marked difference to the positive with dwell times more than 12 months.

"We expect the dwell time to continue to increase... that by the end of 2011 the active component to be at a one-to-two-year ratio and for the reserve component to be at a one-to-four ratio as a minimum requirement," Preston said. "Right now we have some Guard and Reserve units that are a little bit less

than one in four... that's the goal by the end of 2011."

With the growth in Soldiers, growth in additional units and organizations, the Army will be able to provide more predictability and stability to the active force, Reserve and National Guard, he said.

Committee members expressed concern over the increase in suicides across the services for the fifth consecutive year, asking Preston about the Comprehensive Soldier Fitness program and what resources and initiatives the Army was going to use to combat suicide

Citing his written statement to the committee, Preston said the programs the Army had implemented beginning in February 2009 were making a difference. He noted the Army had 40 suicides in the first two months of 2009 and based on those figures had estimated the service would exceed 220 suicides by the end of that year. Preston said the Army finished 2009 with 160 suicides, an increase of 20 suicides over 2008.

"The immediate response was a standdown day, a chain-teach and that went into a number of interactive videos we put out that's interactive and based on real-life scenarios to teach first-line supervisors -- leaders at the lowest level -- what the indicators of suicide are and how to deal with those challenges and how to seek help," he said.

According to Preston's statement, the Army Suicide Prevention Task Force identified more than 250 different tasks related to suicide-prevention doctrine, organization, training, material, leadership, personnel and facilities. The written testimony stated the Army had implemented more than 90 percent of those tasks to date and would continue to review and assess the effectiveness of Army health promotion, risk reduction and suicide prevention programs at all levels.

New logo represents way ahead for IMCOM

By S. Williams



BAMBERG, Germany – Military community members will now see a symbolic icon representing the progressive goals of Installation Management Command, the headquarters of Army garrisons worldwide.

The logo, developed to coincide with the 2010-2017 Installation Management Campaign Plan rollout and to run in conjunction with the IMCOM emblem, is representative of the four major facets of Army community life: stewardship, readiness, facilities and Families.

Kathy Aydt, chief of Strategic Communications of Assistant Chief of Staff for Installation Management/IM-COM, was asked by IMCOM Commander Lt. Gen. Rick Lynch to create a logo representative of the new goals.

"He is very interested in instilling pride and ownership within the workforce and wanted something that really symbolized the importance of the work that we do and for the Soldiers," Aydt said. "He felt it should be a logo that people could really relate to and get behind."

The team drew on the creative efforts of the Family and Morale, Welfare and Recreation Command and the U.S. Army Environmental Command, as well as engaging members of the Installation Management Community to ensure the new image magnified the most significant aspects of the Army.

"We extended it to our community at large in a type of contest format and solicited all the input," Aydt said.

The result, after only a one-week window for submissions, was more than 70 different versions of a logo to represent IMCOM.

More than 2,000 people then contributed their opinions by voting on a symbol. The top choice contained all the elements the project team had hoped for.

"We were thrilled that it was the one selected," Aydt said. "It was designed to invoke pride in our command and our mission. The symbols are strong and the colors are bold, as is our mission and our commitment to fulfilling that mission."

Aydt explained that each element in the final design had a specific significance to representing Army communities and IMCOM's objectives for the coming years.

"You have the green with the tree which symbolizes our stewardship," she said. "You have the flag at the top that symbolizes our readiness in support of the Army. You see the facilities, the structures which represent the infrastructure that we're responsible for and of course you see the family grouping at the bottom. You may note that you can't tell who are Soldiers or if there are Soldiers there...we also have a large civilian workforce

that is very important to us. In this day and age not only Soldiers deploy but [so do] civilians. Those things were intentionally built into this logo, and probably on some level it's why it has such a wide appeal."

The campaign plan outlines the goals and areas deserving particular focus over the next seven years. Lynch, who implemented the campaign, outlines the purpose of the plan in the mission statement; "To provide standardized, effective and efficient services, facilities and infrastructure to Soldiers, Families and Civilians for an Army and Nation engaged in persistent conflict," -emphasizing the focus on increasing the effectiveness of post programs and agendas.

Lynch further underlined his aspirations for garrisons by choosing six major topics to focus funds, energy and manpower on.

"My intent is to provide the facilities, programs and services required to support Army readiness, sustain the All-Volunteer Force and provide the infrastructure for current and future mission requirements," Lynch wrote. "I will do so through six Lines of Effort: Soldier and Family Readiness, Soldier and Family Well-being, Leader and Workforce Development, Installation Readiness, Safety, Energy Efficiency and Security as imperatives in all that we do." Lt. Col. Gary A. Rosenberg, garrison commander of U.S. Army Garrison Bamberg, attended the recent campaign rollout conference in San Antonio, Texas, and assessed the multivalent approach of the new logo.

"IMCOM, through the garrisons, clearly plays a key role in sustaining Soldiers, Families and civilians but we also provide significant support to continue efforts to restore balance and establish an integrated management system for Army business operations," Rosenberg said. "I think the new logo clearly helps us focus on what is important."

Rosenberg added that he thinks it is important to recognize that the bottom quadrant, the family grouping is, by design, a bit nebulous.

"It is not clear who is the Soldier, nor is it clear that either is a Soldier; and this is the point," he said. "Our Army is made up of people, men and women, Soldiers and civilians, who also deploy in support of our Army, and their Families. This portion of the logo clearly speaks directly to IMCOM and the garrison's role in sustaining our wonderful Soldiers, Families, and civilians. When we think of sustaining however, we must also consider our facilities, which are represented by the right quadrant of the logo. These structures, whether family housing, barracks, unit office spaces or other facilities like gyms or child care centers, are also important to sustaining our Soldiers, Families and civilians.

"At the top of the new logo is the flag, which symbolizes our readiness in support of the Army. Clearly IMCOM and the Garrisons have an impact on readiness and balance; we are, after all, the Army's home. When our Soldiers and their Families are enjoying the increased dwell time between deployments, which is a part of the efforts to restore balance, they do it at the garrison.

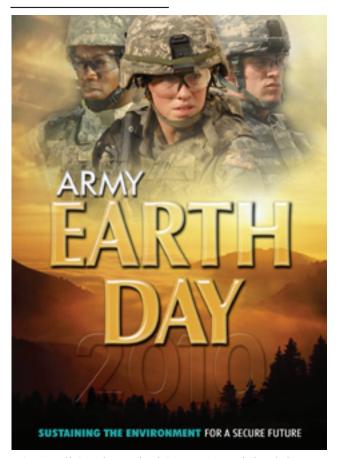
Finally, we come full circle to the left quadrant of the new logo; with a green background and white tree, which symbolizes our stewardship of resources," Rosenberg said. "This goes not only to our obligation to be good stewards of the resources we get in terms of money and the process we use to ensure it is efficiently invested to support our people and the facility infrastructure, but also to our obligation to improve our energy efficiency and energy security – in general, to try and be 'greener' in the way we do things."

As garrisons move forward in meeting the goals of the 2010-2017 Campaign plan, the new logo will continue to serve as a reminder to what IMCOM is built upon, the Soldiers, civilians and Families that make up the worldwide Army community.

"It doesn't replace our emblem," Aydt said. "But the logo is something General Lynch wants everyone to relate to and everyone feel like they have a part of."

Army Earth Day

By Army News Service



On April 22, the United States Army joined the Nation in celebrating the 40th Anniversary of Earth Day. Earth Day provides the Army with the opportunity to reassert our commitment to environmental sustainability and energy security critical to protecting the earth, protecting lives and supporting our mission requirements. We continue to improve upon challenges such as climate change and increasing stresses on the world's interconnected human, economic, and natural systems.

The Army will continue to lead by example in building a healthy environment, prosperous economy, and quality communities now and well into the future. "Transforming the Army...Sustaining the Environment," the Army's Earth Day theme for 2010, highlights our readiness goals, environmental successes, and our dedication to conducting forward-looking stewardship programs.

Each member of the Army community - Soldiers, Family members, Civilians, and contractors - must actively promote innovative thinking and action to take care of our planet. Army leaders at all levels actively support Earth Day and commend the contributions by so many in our Army Community to enhance the mission, preserve the environment, and protect our way of life. Twenty-eight major Army installations have long-term sustainability plans and goals to meet future mission and community needs.

The Army is actively supporting renewable and alternative energy initiatives, energy conservation, and advanced power and energy storage technologies at installations, in our weapons systems, and in operations.

Further, efforts are underway to ensure that all new Army acquisition programs include the fully burdened cost of energy in the selection process to maximize the productivity of energy needed to meet our operational capabilities. As we celebrate Earth Day 2010, we encourage you to participate and promote activities at your installation and in your community.

Communicate the Army's achievements and commitment to environmental sustainability and energy security on Earth Day and as a matter of routine. Army Green is Army Strong!



Fort Buchanan Short Shorts



Water Safety

.. Never leave a child unsupervised in or around water in the home. Empty all container immediately after use and store out of reach.

.. Never leave a child unsupervised in or around a swimming pool or spa, even for a moment.

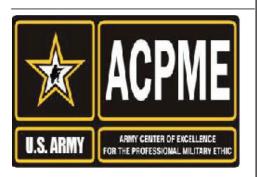
.. Never rely on a PFD or swimming lessons to protect a child. Learn CPR and keep rescue equipment, a telephone and emergency numbers poolside.

.. Install four-sided isolation fencing, at least 5 feet high, and equipped with self-closing and self-latching gates. Fencing should completely surround swimming pools or spas and prevent direct access from a house or yard.

.. Always wear a U.S. Coast Guard-approved PFD when on a boat, near open bodies of water or when participating in water sports. Air-filled swimming aids, such as "water wings," are not considered safety devices and are not substitutes for PFDs.

.. Never dive in water less than 9 feet deep

.. Children ages 14 and under should never operate a personal watercraft.



SEXUAL HARASSMENT/ASSAULT AND RESPONSE PROGRAM (SHARP) (AR 600-20, Chapters 7 & 8)

Army policy promotes sensitive care and confidential reporting for victims of sexual assault and accountability for those who commit these crimes.

Sexual Assault includes rape, sodomy, indecent assault (unwanted, inappropriate sexual contact or fondling), or attempts to commit these acts.

REPORTING PROCEDURE -

Restricted Reporting – No Law Enforcement Investigation
Unrestricted Reporting – Full Investigation

Sexual Assault Response Coordinator (SARC): Ms. Wilda Díaz

24/7 Hotline: 787-406-4222 Office: 787-707-3709 www.sexualassault.army.mil



Team Buchanan, are you ready to rumble? Can you compete with some of the best Army, Marine, Navy, Air Force and Cost Guard single service members in the world?

If you think your service members have got what it takes to compete, then the Commissary Commando Competition will give you the opportunity to prove it on Saturday, 22 May 2010.

Represent your service now and get a team together to battle it out. (Teams must consist of SINGLE service members only)

POC: SPC Tiffany M. Roman @ 787-232-7599 or tiffany.roman@us.army.mil "Support and Defend"

Armed Forces Day Fun Run



Armed Forces Day is celebrated to recognize, venerate, and honor the military forces on the third Saturday in May. The day was created in 1949, and was a result of the consolidation of the military services in the Department of Defense. This activity will include an Armed Forces Run. The purpose is to build morale and foster esprit-de-corps in the Fort Buchanan community.

USAG, Fort Buchanan will host the Armed Forces Run on May 14, 2010 at 06:30 a.m., starting and finishing in front of the Welcome Center, building 152

All Armed Forces on Fort Buchanan and Puerto Rico are encourage to par-

ticipate, civilian employees and family members may participate voluntarily.

Uniform is standard Armed Force Uniform. Distinctive PT shirts may be worn if the entire unit is wearing the same uniform.

During the run units will be evaluate and given points from 1 to 5 for: formation, uniformity, motivation and integrity. Units with also get penalty points for losing members during the run. The unit with the highest score will take home the Commander's Best Unit Performance Award.

Get your team ready and join us on Armed Forces Day!



The Army Volunteer Corps Recognition Event scheduled for April 23rd has been re-scheduled to Wednesday, May 19th, 2010 at 11:30 am at the Community Club and Conference Center. Please contact Army Community Service at 787-707-3365/3804 if you need further assistance.

4th of July

The United States of America, Independence Day, commonly known as 4th of July, is a federal holiday commemorating the adoption of the Declaration of Independence on July 4, 1776. The document by which our Nation declared its independence from the Great Britain. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, picnics, games, concerts, political speeches and various public and private events celebrating the history, government and traditions of our Nation.

The USAG Fort Buchanan will celebrate Independence Day on the 4th of July starting at 2:00 p.m., at the post exchange (PX) parking area and culminate with the traditional fireworks in the evening.

We will have kioskos, beverages, food, family activities, live entertainment and a 50 gun salute.

Come and join the Fort Buchanan Community for a day of camaraderie and fun.





U. S. Army releases March suicide data

By Wayne V. Hall OCPA Media Relations

WASHINGTON -- The Army released suicide data last month for the month of March. Among active-duty Soldiers in March, there were 13 (11 active Army; one Army National Guard; one Army Reserve) potential suicides: one (active Army) has been confirmed as suicide, and 12 (10 active Army; one Army National Guard; one Army Reserves) remain under investigation.

For February, the Army reported 14 potential suicides (11 active Army; one Army National Guard; two Army Reserve) among active-duty Soldiers. Since the release of that report, two of those (two active Army) have been confirmed as suicides, and 12 (nine active Army; one Army National Guard; two Army Reserve) remain under investigation.

During March, among reserve-component Soldiers who were not on active duty, there were eight (eight Army National Guard; no Army Reserve) potential suicides: none have been confirmed; all eight remain under investigation.

For February, among that same group, there were eight (six Army National Guard; two Army Reserve) potential suicides. Of those, five (three Army National Guard; two Army Reserve) were confirmed as suicides and three (three Army National Guard) are pending determination of the manner of death.

For reference, the Army's total for 1st Quarter Calendar Year 2009 (period January 1 through March 31) was 53 for active-duty and 23 for not-on-active-duty. For first Quarter Calendar Year 2010, the totals were 39 for active-duty and 32 for not-on-active-duty.

"In partnership with the National Institute of Mental Health and civilian research institutions, the Army is preparing to launch several large representative surveys of Soldiers as a major component of an ongoing five-year study," said Col. Chris Philbrick, director, Army Suicide Prevention Task Force. "The goal of the study is to provide the tools and information that will not only help the Army mitigate suicides and suicidal behavior, but will help our country address the problem of suicide among all Americans."

The Army Suicide Prevention Task Force is completing a review of more than 600 programs related to health promotion, risk reduction and suicide prevention, Philbrick said. The Army intends to refine programs and focus on those that provide commanders the best tools to address the key issues that cause behavioral health concerns.

The Army's comprehensive list of Suicide Prevention Program information is located at www.armyg1.army.mil.

"To help commanders with local concerns regarding suicides, the Army recently established a Specialized Suicide Augmentation Response Team, Philbrick said. "This is a team of experts that can be dispatched to augment local command response to an increase, identify gaps in policies and procedures, and offer recommendations for improvement."

Soldiers and families in need of crisis assistance can contact Military OneSource or the Defense Center of Excellence (DCoE) for Psychological Health and Traumatic Brain Injury Outreach Center. Trained consultants are available from both organizations 24 hours a day, 7 days a week, 365 days a year.

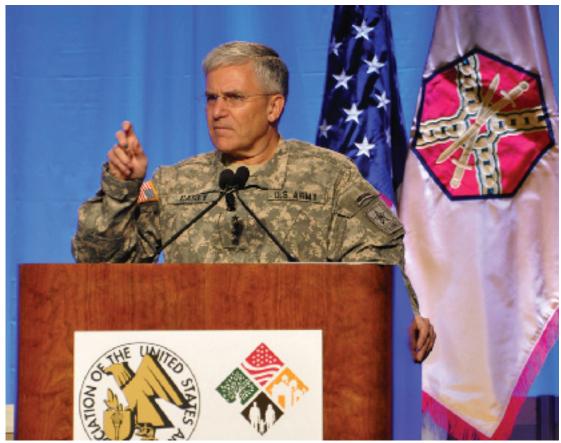
The Military OneSource toll-free number for those residing in the continental U.S. is 1-800-342-9647; their Web site address is www.militaryonesource.com. Overseas personnel should refer to the Military OneSource Web site for dialing instructions for their specific location.

The DCOE Outreach Center can be contacted at 1-866-966-1020, via electronic mail at Resources@DCoEOutreach.org and at www.dcoe.health.mil.

Information about the Army's Comprehensive Soldier Fitness Program is located at www.army.mil/csf.

Casey rolls out plan for 21st century Army

By L.A. Shively, Army News Service



Chief of Staff of the Army Gen. George W. Casey Jr. speaks to leadership during the Association of the United States Army's 2010 Army Installations Symposium & Exposition in San Antonio, Texas. Photo credit L.A. Shively

SAN ANTONIO -- Chief of Staff of the Army Gen. George W. Casey Jr. asked the crowd of about 2,000 how they were doing and after a hearty "Hooha" response, he proceeded to tell them how they were doing.

Casey iterated statistics and time lines for the present while laying out a future for Soldiers of the 21st century, unveiling the Installation Management Command's campaign plan during the Association of the United States Army's 2010 Army Installations Symposium & Exposition, March 29.

"What you do is so important to the long-term health of this force," Casey said, adding he wanted to personally deiver the operational context of the plan and stressed leadership focus on change as the Army moves forward.

He said objectives set in 2007 to rebalance a force stretched from current demands by 2011 were already, or nearly met this year and included supporting strategic objectives in Iraq and Afghanistan; sustaining Soldiers, families and the civilian workforce; establishing an integrated management system for Army business operations; implementing leadership development; and continuing to transform the Army for an uncertain future.

A first priority for Army rebalancing was growth, said Casey. Originally slated for an increase of 74,000 Soldiers by 2012, with 65,000 on active duty and the rest in the Reserve and Guard, the objective was met in 2009.

"We're three years ahead of time and it wasn't a moment too soon with the plus up in Afghanistan," Casey said.

Readjusting dwell time - the amount of time Solders spend at home between deployments - was significant for Casey.

"It's clear to me the most important thing we can do in the Army to restore balance is increase the time Soldiers are at home; not just so they can spend time with their families - that's important - but so they can recover themselves."

Casey cited a scientific study completed last year concluded Soldier recovery between deployments takes 2-3 years for a one-year deployment. He said 70 percent of the active force will have a two-year dwell time and 80 percent of Reserve and Guard a four-year dwell by 2011. The remaining force will be included in the schedule by 2012.

"When you see a unit that's had 18 months at home, it's light years different than 12 months at home. You can already see the impact," Casey said.

Planned since 2004, all 300 Army brigades were set to convert to modular organizations as part of rebalancing. Casey said 90 percent are completed; the rest will convert by the end of the year.

"Taken together, modular reorganization and rebalancing is the largest organizational change of the Army since World War II," he said, "and we've done it while we've deployed 150,000 Soldiers over and back to Iraq and Afghanistan every year. That's a lot of moving parts."

Casey discussed the process of moving 160,000 Soldiers with skills necessary in Cold War, to skills which are more relevant today.

He said the Army has already stood down 200 tank companies, artillery batteries and stood up corresponding numbers of civil affairs, psychological operations, special forces and military police units.

"We're about two-thirds of the way through that and will be done by the end of the year."

Casey was positive on Base Realignment and Closure, saying that although 380,000 Soldiers, civilians and families will be on the move in the next two years, the effort will result in better-quality facilities and an exponential jump in opportunity.

He announced a new rotational model that brought several gasps from members of the audience. Casey said rotational schedules originally drawn up in 2005 were not implemented as a result of demand. But with drawdown in Iraq, he said he is seeing a way ahead and will publish deployment schedules for the next three years in the next 60 days.

Casey also asserted that the Army has fiscal challenges to confront as a result of eight and one-half years of war, but said he can see meeting objectives as set out for this year.

"The money is in the 2011 budget and it's a matter of executing now, we'll be in a much better place at the end this fiscal year than four years ago."

Consolidate, assess and refine - those are the three things that I see going on over the course of the rest of this year as we build the 2017 program, Casey said.

"We need to refine this great Army and I say refine rather than adapt. We're in pretty good shape but there are still things we could do differently."

Army announces 2010 Communities of Excellence Winners

By IMCOM Public Affairs

ARLINGTON, Va. -- The Army chief of staff has selected U.S. Army Garrison Fort Bragg, N.C., as the Gold winner in the 2010 Army Communities of Excellence awards competition.

The installation will receive a million-dollar grand prize during a Pentagon ceremony May 4, followed by the Commander In Chief's Annual Award for Installation Excellence in a separate Pentagon event May 5. Fort Bragg built on an ACOE Silver prize earned last year to take top honors for 2010

USAG Fort Campbell, Ky., and USAG Fort Hood, Texas, are Silver winners in the 2010 ACOE competition, with each installation receiving a \$500,000 cash prize. USAG Garrison Fort Leavenworth, Kan., USAG Schinnen, the Netherlands, and USAG Yongsan, Republic of Korea, were Bronze winners. Each will receive a \$250,000 cash prize.

"These winners and all the competitors are to be congratulated for the hard work they put into this competition," said Lt. Gen. Rick Lynch, commander of Installation Management Command. "ACOE keeps the focus on doing the right things, in the right way, and with the right priorities to deliver sustainable installation communities."

Additionally, a new competition category for 2010 recognizes exemplary practices in installation operations and is awarded to six garrisons: Detroit Arsenal, Mich.; Fort Carson, Colo.; Fort Detrick, Md.; Fort Drum, N.Y.; Fort Rucker, Ala.; and USAG Japan. Exemplary practice winners will each receive a \$75,000 cash prize.

The Special Category overall winner for the Army National Guard is the Minnesota Army National Guard, which will receive a \$400,000 cash prize. The 1st Mission Support Command, based at Fort Buchanan, Puerto Rico, is the Special Category winner for the Army Reserve and will receive a \$500,000 cash prize.

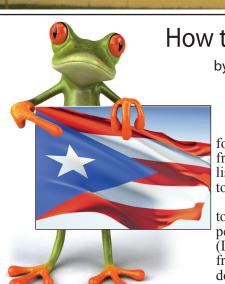
The Army's chief of staff presents ACOE Awards annually to recognize performance excellence in installation management. The awards recognize continuous business process improvement; individual innovation; groundbreaking initiatives; and dedication to efficiency, effectiveness, and customer care. These efforts directly affect the quality of support to Soldiers, families, civilian employees, and retirees who work, live, train, and play on Army installations.

The ACOE program uses the Malcolm Baldrige National Quality Program Criteria for Performance Excellence - an internationally recognized integrated management system - to evaluate the competing installations. The criteria are the basis for performance excellence recognition programs worldwide and in federal agencies including the U.S. Army, the Department of Veterans Affairs, and the U.S. Coast Guard. Participants are judged against this common standard and not against each other.

"ACOE helps these installations focus on cost-conscious and performance-based activities, and that contributes directly to a resilient, healthy, and mission-ready Army," Lynch said.

An independent panel of judges identifies the winning installations based on the installations' written applications and additional information gathered during site visits by examiner teams. Each winning installation receives a monetary award, trophy and commemorative flag.





How to Speak Puerto Rican

by Joseph Deliz Hernandez, Esq. "Sentar cabeza"

Literal Translation: Set the head Social Meaning: To settle down. It is time for a person to grow up. The phrase comes from the laying of a foundation for the establishment of a household. The phrase is used to tell someone to grow up and act mature.

Example: "Mira mi'jito, no puedes pasar

Example: "Mira mi'jito, no puedes pasar toda tu vida de fiesta en fiesta. Tienes que empezar a sentar cabeza y pensar en tu futuro." (Listen, sonny, you can't spend your life going from one party to another. You have to settle down and start thinking about your future.)

USACAPOC Commanding General Visits 402nd Civil Affairs Battalion

Story and Photo by Cadets Javier Hernandez, Jahaira Ramos and Yamilet Santana



(L to R) CSR Jahaira Ramos, CSR Yamilet Santana, Maj. Gen. David N. Blackledge, Commanding General, USACAPOC and CSR Javier Hernandez during visit to Fort Buchanan. "CSR" it is the official rank of an ROTC Cadet and it means Cadet, Senior advanced ROTC.

March 14, 2010 was a very special day for three cadets attached to the 402nd Civil Affairs Battalion. They had the opportunity to meet the current Commanding General of the U.S. Army Civil Affairs and Psychological Operations Command (USACAPOC) (Airborne), Maj. Gen. David N. Blackledge.

Maj. Gen. Blackledge is not your everyday General Officer. In February 2004, Blackledge's vehicle, part of a convoy travelling in Iraq, was ambushed. Taking fire, the vehicle rolled, but the survivors were able to escape. He sustained a broken back, ribs, and other injuries that required eleven months of recovery and physical therapy. After his recovery he returned to Iraq.

Fifteen months after the ambush, while in Amman, Jordan for meetings, terrorists bombed three popular hotels killing over 55 people and injuring over 110. Maj. Gen. Blackledge was one of the injured suffering a neck injury.

For his demonstrated courage in Desert Shield / Desert Storm as well as two tours in support of Operation Iraqi Freedom, Major General Blackledge has been awarded five Bronze Star Medals as well as the two Purple Hearts for combat injuries. But what makes him unique is not his demonstrated courage in combat; it has been his demonstrated courage in another front.

Blackledge was the first U.S. Army General to acknowledge suffering nightmares and other symptoms of Post Traumatic Stress. He has been open about his struggles with post-traumatic and his openness has caused others to speak up about their struggles and experiences with this condition, in turn helping erase the stigma associated with this condition.

Although he does not like to speak in public, he took the time to speak to the

members of the 402nd Civil Affairs Battalion. In a conversation with Soldiers that lasted about an hour Blackledge spoke about the state of the command and gave Soldiers the opportunity to ask questions about anything they wanted to know

about anything they wanted to know. Among other things, Soldiers asked about his experiences in the Army and about the expansion of Civil Affairs. With humility worthy of admiration, he answered each of the Soldier's questions, and even touched on some personal topics such as when he spoke about his wife being an Air Force officer who also has served as a nurse in Iraq.

At the end of the talk, once the unit was dismissed, one of the three cadets assigned to the 402nd CA Bn, wanted to meet the general and get his photo. The other two cadets were kind of shy about it because they did not want to bother him, not knowing that he would gladly take the time to speak with future officers.

Major General Blackledge again took the time to speak with the cadets and take photos. He asked them about the ROTC program in Puerto Rico, and even mentioned to them that he had heard many good things about it. He also asked each of the cadets in which branch they would like to receive their commission.

Before leaving Maj. Gen. Blackledge awarded each cadet his commander's coin for their motivation and attitude. They could not be happier. For them, knowing his story and meeting him in person was a once in a lifetime experience and will be a great source of inspiration.



THE CAME CALLED

PR SENATE HONORS FEMALE VETERANS

By Grissel Rosa, PAO



Colonel Edwin C. Domingo, Commanding officer U.S. Army Garrison Fort Buchanan addressed the audience during the First Female Veterans Award Ceremony hosted by the P.R. Senate. Photo by Leo Martinez

More than 30 female veterans from various wars and conflicts received a resolution from the Puerto Rico Senate as part of the ceremony held April 14, 2010 at Samuel R. Quiñones assembly room.

Students from the Ernesto Ramos Antonini Music School Choir in San Juan performed the National Anthems while the Puerto Rico National Guard Color Guard presented the colors. The invocation from Reverend Israel Laracuente set the tone for the ceremony to "honor those who deserve to be honored."

Agustin Montañez, designated P.R. Advocate for Veterans Affairs highlighted the contributions of these veterans to the Puerto Rican culture and society. He acknowledge the "work they did and continue doing" on behalf of the nation.

Blanca Benítez, Director of the Municipality of San Juan Veterans Affairs Office, representing the mayor, Hon. Jorge Santini exalted "the roles women played then, now and in the future defending our colors" referring to the U.S. and Puerto Rican flags.

Col. (P) Fernando Fernández, Commnader, 1st Mission Support Command, recognized the presence of "various generations of female veterans who participated in different wars and conflicts from World War II to Iraq and Afghanistan. We cannot complete the mission without the participation of these women."

He added that "there has been an increase of women participation in our command. The Puerto Rican women in our command are extraordinary."

Fernández mentioned Purple Heart recipient Sgt.. Delamar Quiñones who besides being a Soldiers is Continues on page 15.



During the event, Senator Arce presented Motion 1752 to Purple Heart recipient, Sgt. Maj. (Ret) Ana Jusino who participated in World War II, Korea and Vietnam.

Photo by Leo Martinez

Artwork keeps Soldiers' morale on high

Story and photos by Spc. Jessica Zullig 135th Mobile Public Affairs Detachment 3rd Infantry Division

Base Speicher, Iraq – In the offices at Contingency Operating Base Speicher, walls are covered with maps, memos and to-do lists. Every now and then, however, the walls have a couple pieces of artwork that were sent to them by Family. There are many reasons why Soldiers display the artwork, but for most, it's to remind them of home.

Master Sergeant Richard Montgomery, the garrison directorate of logistics noncommissioned officer in charge for the 166th Regional Support Group, 1st Mission Support Group, 81st Regional Readiness Group out of Puerto Rico, says he displays a poster he received from his family because it reminds him of how special he is to them.

"I display it to remind myself of how much my Family cares about me and loves me," he said about the "#1 Daddy," hand- and foot-printed poster with pictures of his daughters, Ariela, 4, and Makayla, 5 mos., attached.

"Things like this," he said, pointing to the poster, "say, 'even though you're gone, we're with you – you're not forgotten, you're loved.' It is the key to our environment and morale."

Captain Greg Coats, the base closure chief for Headquarter and Headquarters Operations Company, Division Special Troops Battalion, 3rd Infantry Division out of Fort Stewart, Ga., said he was anxious to display the painting by his daughter, Laney, 10.

"It was a school project," he said, describing how the painting of a green-nosed, blue-faced girl was created. "She was in a class where they were exploring different types of art.

"She wanted to fold it up and put it in an envelope," said Capt. Coats about his daughter's painting. "I said, 'No. I want it framed and up on my wall.' If something is stressful at work, I can look at it and have good thoughts."

Major John C. Mostellar, the fire and effects officer for HHOC, DSTB, 3rd ID, also feels a happy moment when he looks at the artwork displayed behind his desk from his children.

"It's a huge morale booster," he said referring to the Star Wars spaceship and Daffy Duck pictures behind him. "Anytime you can disconnect from here and connect with your Family, it definitely helps raise your morale and esprit de corps. When my wife and children send me things, it's a reminder that they support me."



Captain Greg Coats, the base closure chief for Headquarter and Headquarters Operations Company, Division Special Troops Battalion, 3rd Infantry Division out of Fort Stewart, Ga., holds up a painting of a of a green-nosed, blue-faced girl made by his daughter, Laney, 10, at Contingency Operating Base Speicher, Iraq, April 2. "She wanted to fold it up and put it in an envelope," said Capt. Coats about his daughter's painting. "I said, 'No. I want it framed and up on my wall.' If something is stressful at work, I can look at it and have good thoughts."

Not only do Soldiers get a morale boost, but the children feel as though they are helping ease the difficulty of being away

"I think it feels to my daughter that she is doing something to make it easier on me," said Capt. Coats about how sending him things also helps her. "She knows how much I value what she sends me."

Master Sergeant Montgomery says that his daughter sending things to him is her way of showing her love.

"She feels good that she is able to contribute something to me that makes me happy," he said.



(Above) Master Sergeant Greg Montgomery, the garrison directorate of logistics noncommissioned officer in charge for the 166th Regional Support Group, 1st Mission Support Group, 81st Regional Readiness Group out of Puerto Rico, holds up his hand- and foot-printed poster from his daughters, Ariela, 4, and Makayla, 5 mos., at Contingency Operating Base Speicher, Iraq, April 2. "Things like this," he said, pointing to the poster, "say, 'even though you're gone, we're with you – you're not forgotten, you're loved.' It is the key to our environment and morale." (Below) Major John C. Mostellar, the fire and effects officer for Headquarter and Headquarters Operations Company, Division Special Troops Battalion, 3rd Infantry Division out of Fort Stewart, Ga., sits in front of his children's artwork while holding up a photo album of his Family behind his desk at Contingency Operating Base Speicher, Iraq, April 2. "Anytime you can disconnect from here and connect with your Family," he said, "it definitely helps raise your morale and esprit de corps. When my wife and children send me things, it's a reminder that they support me."



THE CHIEF OF THE CHIEF

Language Arts Festival at Antilles High School

By Grissel Rosa PAO, Fort Buchanan



Ms. Lory Buitrago, parent, Colonel Edwin C. Domingo, Garrison Commander and Mr. Victor Mejias, Spanish teacher, shared their impressions on the work done by the Antilles High School students that included exhibitions, performances and music, among other presentations



Ms. Laurie Donohoe, English teacher, explains Col. Edwin C. Domingo, USAG Commander, the students participation during the "World Movers and Shakers Conference" as part of the Language Arts Festival.



Kasim Benabe posses as one of Egypt's pharaohs.





Mario Rentaria shows his project to the Garrison Commander, Col. Edwin C. Domingo.

During the week of April 19-23, Antilles High School celebrated the Language Arts Festival sponsored by the Foreign Language Department.

The Department of Defense school dedicated the week's festival in honor of Dr. Benny Ochart Miranda, Antilles High School teacher who passed away in January 2010. Among the activities were exhibitions, performances, music, movies and readings for the Antilles Elementary School Students.

The event was coordinated by the following teachers: Ms. Diana Mejías, Ms. María Vecchini, Ms. Ivonne López, Ms. Laurie Donohoe and Mr. Víctor Mejías. The teachers developed a guide by which the students must use the critical thinking process to develop their work.

Students had to present their theme supported by facts; explain the symptoms or how the issue manifests; how to treat the situation; how to prevent it and conclude with their opinion. The personal opinion must explain why the students chose a specific theme, its importance and how the results impacted their lives. Themes included: "Cuarenta y cinco minutes con Julia de Burgos", "Mejoremos Nuestra Sociedad", "World Movers and Shakers Conference", "Enrique A. Laguerre", "José De Espronceda and José María Heredia" and "Don Quixote".

Antilles High School Language Arts Festival concluded with the International Book Day in honor of Miguel de Cervantes and William Shakespeare (both died on April 23, 1616).

The week's activities had a special closing when students, teachers and Mr. Ochart's family got together in front of the school for the initiation of the Benny Ochart Garden. A space for reflection and sharing dedicated in loving memory of their teacher.



(L to R) Alex Rodríguez, Luis Pérez, Michael García, José Ortíz get ready to do their presentation during Antilles High School Language Arts Festival.

Photos by Guillermo Santiago, DPTMS-VI



Antilles High School Spanish teacher, Ms. Diana Mejías, shows the students exhibitions during the Language Arts Festival held at the school's media center.



Nardeska Salgado presented Col. Edwin C. Domingo, USAG Commander, her project on India.



Amalis Vega and Valerie Avilés enjoyed their participation in the Language Arts Festival as they impersonated a member of Napoleon Bonaparte's army and Josephine, as part of the "World Movers and Shakers" presentation.



OPD Opens Up With a Historic Staff Ride

By Lt. Col. Gerald Savage, Deputy Garrison Commander and CW2 Marlene A. Rivera, Legal Office



Group of officers that participated in the first OPD class staff ride possed for a photo with Ranger Lopez (left) and Col. Edwin C. Domingo (center and Lt. Col Gerald Savage (rear left).

Photos by Lt. Col. Gerald Savage

The Fort Buchanan Garrison has implemented an Installation Wide Officer Professional Development Program (OPD). The first OPD Class took place in March 2010 and included the introduction phase for an upcoming Staff Ride; an Army tradition in the teachings of military history; and a preliminary study of San Cristobal's and the San Juan fortress complexes rich military history. However, the classroom meeting was just a lead in to the main event.

On 12 April, Lt. Col. Gerald Savage, Deputy Garrison Commander led the newly implemented Officer Professional Development Program on a guided tour of "El Castillo de San Cristobal." The "field work" portion of the staff ride was attended by 14 Fort Buchanan Officers; including representation from the Garrison, 1st Mission Support Command, 402nd Civil Affairs, the CBWTU, Naval Operation Support Command and the U.S. Marines.

According to Savage, the intent of the program is to "foster camaraderie of all Officers; service immaterial; mentor junior officers, and focus on team building among all tenants in Fort Buchanan." Part of the goal



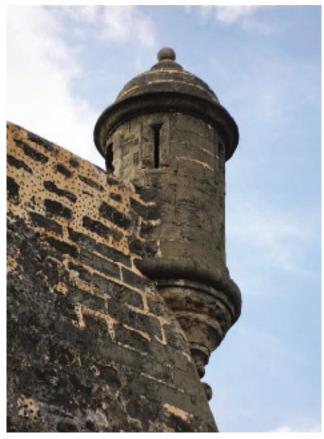
Aerial view of Fort San Cristobal in Old San Juan.

with the program is "to teach junior officers the process and methods to conducting an Officer Development Program and the Staff Ride program". This was accomplished during this particular event by allowing 1st Lt. Rivera, CBWTU, and CW2 Rivera, USAG Legal Office, to perform much of the planning, background work and coordination for the staff ride.

The actual Staff Ride was led by the National Parks Service Historian Ranger Eric Lopez. Ranger Lopez led the group though San Cristobal, where a walking tour of the history, construction and the battles held at San Cristobal were explained in detail. Also included in the tour was a briefing specially prepared for the group discussed the rich heritage of the U.S. Army in Puerto Rico. Ranger Lopez provided an unprecedented briefing and tour of the Fort. The tour included an exclusive look into the most intimate archives of San Cristobal. The Staff Ride helped rekindle an interest in military history and gave the officers a sense of appreciation for Soldiers who have served before them.

The Staff Ride concluded with a group dinner at Café Puerto Rico in Old San Juan where Col. Edwin C. Domingo, Garrison Commander expressed his gratitude to the officers that took the time to join him and Lt. Col. Savage in this activity and recognize the importance to continue with further officer development.

OPD classes will be held bi-monthly and all officers assigned to Fort Buchanan are encouraged to participate. For more information and to participate in future OPDs, please contact Lt. Col. Savage at 787-707-3440.



A sentry box of the Spanish fortress stands high to defend against those who dare to attack its surrounding.



Women as an Infantry Soldier

By Maj. Josielyn Carrasquillo CGSC Student



Soldiers conducting training to improve urban war tactics.

Army Photo

On October 8, 1996, I joined the Army to defend the Constitution of United States against all enemies foreign and domestic. Of the four taking the oath, three were males. We raised our right hand and declared our commitment to our Nation, loud and clear. As a woman in the US Army, I have wondered why the Department of the Army's (DA) policy limits women to serve in direct combat roles; after all, the oath of service does not discriminate between male or female. The US Army is all about equal opportunity; so, I feel that women must be afforded the same opportunities men are given to serve in direct combat role. Women are mentally and physically strong enough to successfully operate in a direct combat role and win the fight as they are constantly demonstrating in the current fight. However, there are numerous arguments that forbid women in the "men" field. The one that I will focus on in this article is the argument of woman's lack of physical strength.

We constantly hear arguments that women are weaker than men in terms of physical strength; however, females are frequently showing their physical strength and commitment in several Army physically demanding requirements. For example, females in the 101st Airborne Division (Air Assault) conduct twelve-mile road marches with 35 pounds combat pack, while carrying assigned weapon and complete combat gear within less than three hours (air assault qualified) or less than four hours (no air assault qualified) in order to meet the division's requirements. In addition, women who attend Air Assault School must complete the twelve-mile road march in three hours or less which is equally required for men. There is no space for special treatment or different standards. It is just an approved requirement that if the individual regardless of gender does not meet, it would limit the division's force entry capabilities.

DA must face the reality and allow females to serve in combat maneuver units below brigade level like the infantry; while sustaining the same training and standards required for male soldiers. Like the Air Assault School's requirements, if women meet the standards established by DA to serve in the infantry; they should have an opportunity to destroy the enemy, seize, and hold terrain. It is evident that women can attain the same endurance as men through a regime of regular aerobics, weight training, and other rigorous exercises. Why do we not offer women the same opportunity to serve their country as males?

Finally, women are playing a more vital role and demonstrating their heroism in war. Therefore, it is necessary for the DA to amend the current restrictions placed in women. They should allow women to join the infantry and continue their commitment to defend the Nation's objectives. Females Soldiers have demonstrated that they had the physical strength required



IMCOM Breaks Ground

By IMCOM PAO



Lt. Gen. Rick Lynch, commander of the U.S. Army Installation Management Command, center, breaks ground on the command's new headquarters at Fort Sam Houston, San Antonio, Texas, April 19. Military and community leaders from IMCOM, Fort Sam Houston, the U.S. Army Corps of Engineers and San Antonio participated. The almost \$27 million project will also house the Army's Family and Morale, Welfare and Recreation Command and the U.S. Army Environmental Command. Lynch told ceremony attendees that his organization "is proud to be part of Military City USA," referring to a frequently used nickname for San Antonio.

Community Sharing Memories

By Sonia and Salva



Florida, PR - On Thursday March 25, the Puerto Rico Chapter of the Disabled American Veteran honored us with their visit. A while back we received a communication from them, since they were interested to know that a Vietnam Veteran was the actual owner a restaurant they visit often. Entertaining conversation and memories were the order of the day as they enjoyed our food in excellent camaraderie. It was very gratifying to receive these brave men and women who are now suffering from different war related illnesses. Due to their limited time, after lunch, they went around the town, not before promising to come back to Florida, our beautiful town. We would like to specially thank the "veterans", their visit and our wish that next time they can experience more of our "small country". GO Florida! Lets continue to grow as the noble town we are



Openning of Taino Batey

Story and photos By Jessica Zullig



(Above) Soldiers prepare the flags before the ribbon cutting ceremony symbolizing the opening of the Taino Batey, a new park, at Contingency Operating Base Speicher, Iraq, April 11. Servicemembers and civilians from 12 different organizations came together to build the park. You can wander through a deployment and not make any effort to improve your surroundings or yourself but this effort right here, by a group of volunteers lead by the Taino Warriors, is an example of folks who will not do that, folks who look around and say, "I can make this place better," said Maj. Gen. Tony Cucolo, Task Force Marne commanding general. (Below - L to R) Maj. Gen. Tony Cucolo, Task Force Marne commanding general, Command Sgt. Maj. Jesse Andrews, TF Marne command sergeant major, Master Sgt. Richard Montgomery, the garrison directorate of logistics noncommissioned officer in charge for the 166th Regional Support Group, 1st Mission Support Command, 81st Regional Readiness Group out of Puerto Rico, and Maj. Travis Delk, director of logistics director, 166th RSG, 1st MSC, from Puerto Rico, prepare to cut the ribbon symbolizing the opening of the Taino Batey Park.



Safety Goes Across the World

By: Luis A. Deya PAO, 401st Army Field Support Brigade



Mr. Alfredo Nogueras kneels next to a new system for surveillance called T-HAWK during a test run to ensure safety procedures are met before it is signed out to the unit. Two systems have been fielded to other units. The 401st AFSB Acquisition and Technology team is in charge of the fielding.

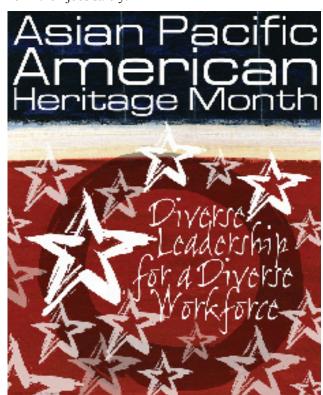
Photo by Luis A. Deya

Bagram Airfield, Afghanistan -- Alfredo Nogueras traveled for two days to arrive at Bagram Airfield, Afghanistan. He applied for the position because he wanted support soldiers and civilians in a field environment. The personal challenge of serving as a Department of the Army Civilian in this endeavor has been a motivator within himself.

Mr. Nogueras assigned to the Garrison Safety Office as the Safety Director for Fort Buchanan, Puerto Rico. He was selected to be the Safety Director for the 401st Army Field Support Brigade at Bagram Airfield, Afghanistan for Operation Enduring Freedom. His area of operations will be the whole Combat Joint Operations Area where the 401st AFSB is located. Mr. Nogueras will be traveling to remote Forward Operating Bases to ensure all safety programs as well as requirements are in place and met.

Upon his arrival he was greeted by the staff and welcomed to the 401st AFSB family. He has felt that the 401st AFSB is in every sense of the word "TEAM" and they are all in sync for one goal one mission. As soon as he set boots on the ground he picked up his pace and he quoted "All Business" with a smile.

According to Mr. Nogueras; he will concentrate in organizing, implementing and improving all safety requirement's to protect soldiers and civilians of all the dangers, minimizing accidents and casualties enabling them to perform their jobs safely.



Combat Veteran Sworn In as Top Army Reserve NCO

By Army News Service



Command Sgt. Maj. Michael D. Schultz is sworn in by Lt. Gen. Jack C. Stultz, Chief of the Army Reserve, as the 11th Command Sergeant Major of the U.S. Army Reserve. Schultz's wife, Denise, holds the Bible as their daughters and his parents look on.

Army Photo

Washington, D.C. — A veteran of three deployments in support of the Global War on Terrorism - to Iraq, Afghanistan and Kuwait – was sworn in today as the Army Reserve's top noncommissioned officer.

Command Sgt. Maj. Michael D. Schultz was appointed by Lt. Gen. Jack C. Stultz, chief of the Army Reserve, as the 11th command sergeant major of the U.S. Army Reserve.

"I wanted someone who lives leadership, someone I have ultimate trust in, someone who will represent me and the Army Reserve well," Stultz said. "I went with my gut. He does what is right for the Soldier.

As the Army Reserve's senior enlisted Soldier, Schultz represents the interests of more than 150,000 enlisted Soldiers and serves as Stultz's personal adviser on all enlisted matters, particularly in areas that affect Soldier training and quality of life.

As command sergeant major, Schultz will spend much of his time traveling to observe training and to provide counsel and guidance to NCOs, enlisted Soldiers and their Families. He will be a part of councils and boards that make decisions that affect enlisted Soldiers and their Families and will routinely be invited to testify before Congress.

During the ceremony, Schultz vowed to give one hundred percent while he serves as command sergeant major, and he hinted at his priorities in the years ahead. "I want to refocus our enlisted leaders on living the NCO Creed and being the backbone of the Army," Schultz said.

While serving in the position, Schultz will be on a leave of absence from his civilian job with the Tampa Police Department. His 14-year career with the force has included assignments with the Tactical Response Team (SWAT), the Street Anti-Crimes Unit (Plain Clothes Narcotics/Prostitution Enforcement), the Community Policing Unit and the Tampa Police Mounted Patrol (Reserve).

Command Sgt. Maj. Schultz replaced Command Sgt. Maj. Leon Caffie, who served since Aug. 29, 2006, and retired

Asian-Pacific American Heritage Month

By Army News Service

May is Asian-Pacific American Heritage Month, a time to honor citizens of our country whose families went to America from halfway around the world and became integral members of American society.

The origins of this month began in 1978 when President Carter proclaimed the first 10 days of May as Asian Pacific Heritage Week. In May 1990, President George H.W. Bush expanded it to a month-long commemoration and renamed it Asian-Pacific American Heritage Month.

This year's theme, "Lighting the Past, Present and Future," acknowledges the many nations and ethnicities that Asian-Pacific Americans represent and their roles in society that have helped strengthen American fellowship, encourage prosperity and enliven spirit.

The United States, it has often been noted, is a nation composed almost entirely of descendants of immigrants. We call ourselves Americans, but at the same time, we are proud of our roots - proud of where our parents, our grandparents and our great grandparents came from.

Our Nation's rich cultural diversity reflects our Constitution's core vision of freedom and justice for all. Throughout our history, Asian-Pacific Americans have made great contributions to America's heritage and prosperity.

Moreover, Asian-Pacific Americans in the U.S. military have been engaged in a very real and dangerous service to combat terrorism, and especially to protect new, fragile democracies that are emerging in Afghanistan and Iraq. Asian-Pacific Americans have made lasting contributions to America's wartime efforts since World War II.

One of the most famous is the 442nd Regimental Combat Team, the "Go for Broke" outfit of Japanese-Americans who fought valiantly in Europe during World War II. It was the most decorated unit for its size and length of service. In total, 14,000 men served with the unit, earning 9,486 Purple Hearts, 21 Medals of Honor and an unprecedented eight Presidential Unit Citations. It's quite an inspiring story.

Asian/Pacific Americans were among the victims and heroes of the terrorist attacks of September 11, 2001. As America's resolve lead way to the current war on terrorism, as in wars past, many Asian/Pacific Americans answered the call of duty to defend America by serving in the U.S. Army.

In May 2003, President Bush expressed his gratitude to Asian/Pacific American citizens and Soldiers, proclaiming that "the values and traditions of the Asian/Pacific-American community—love of family, entrepreneurship, excellence in education, and community service—have strengthened us as a nation...Generations of Asian/ Pacific Americans have proudly served our nation with honor and courage in wars and conflicts, including most recently in Operation Iraqi Freedom and Operation Enduring Freedom. Today, as in the past, their dedication and service to advancing peace in a troubled world upholds the values that make our country strong."

Army looks to standardize Service for special-needs Families

By Rob McIlvaine

ALEXANDRIA, Va. -- The U.S. Army Family and Morale, Welfare and Recreation Command recently conducted the second Exceptional Family Member Program Summit to enhance services for family members with special needs.

Officials said the summit is one way Army officials are keeping the promise of the Army Family Covenant.

Active-duty Soldiers enroll in the program when they have a family member who has a physical, emotional, developmental, or intellectual disorder requiring specialized services so their needs can be considered in the military personnel assignment process.

'The Army EFMP leads the uniformed services and the nation through a model of support for Soldiers and families with special needs by connecting and supplementing existing national net-works of support and services with local military and civilian resources," said Lt. Gen. Rick Lynch, commander of the U.S. Army Installation Management Command.

A mandatory enrollment program, EFMP works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medi-cal, and personnel services to families with special needs.

"The needs of EFMP are great, and much work remains to be done, particularly in the areas of communication and program standardization," said Sharon Fields, the program's manager for the Family and Morale, Welfare and Recreation Command. "We must have seamless program standardization from garrison to garrison."

This vision, which program officials have worked on for the past year, is scheduled for implementation in July,

With many garrisons becoming jointbased communities, this standardization should work seamlessly for all Exceptional Family Member Program families in every service, officials said. Efforts are ongoing to help families transition smoothly to communities where their special needs will be met with comprehensive and coordinated services. Soldiers then can focus on mission readiness, knowing their families' needs are met, Fields explained.

"The command knows what's needed. When Lieutenant General Lynch visits a garrison, he always pulls together a focus group of parents who are enrolled in EFMP, because he wants to hear their concerns and suggestions to make the program better," she said.

One Soldier said the Army is wasting no time in making good on its promise. Army Sgt. 1st Class Fernice Morton, equal opportunity advisor at Joint Base Lewis-McChord, Wash., has a son enrolled in EFMP and was selected to go to the summit after attending an EFMP

workshop.

"While there," she said, "I was in respite care transition between contractors, and the Army Community Service staff was always available to assist me every step of the way."

Antoinette Hill a volunteer and the wife of a retired Soldier, has a daughter in the Exceptional Family member

Program.

"I have witnessed the evolution of this program for more than 30 years, and the stars are aligned for great potential," she said. "While the nation is focused on the military, we are focused on collaborative EFMP partnerships, and the partners are stepping up. Families, warriors and survivors are better served, and EFMP better fulfills the promises of the Army Family Covenant."

Army Community Service is the place for soldiers at all Army garrisons to get information about the program.

"Army Community Service works hand in hand with the EFMP at the medical facility," explained Susan Moyer, Army Community Service EFMP manager at Fort Carson, Colo. "While the medical services are responsible for the paperwork for enrollment, at ACS we provide everything [such as support, information and links] you need.

Services that parents and individuals are searching for are right at their fingertips at ACS, Moyer said. "ACS is like a 'Yellow Pages' for special needs information," she said.

As the EFMP Summit drew to a close, Lynch summed up the way ahead.

Take care of our Soldiers and families, one family at a time," he told the participants. "To do this, we've got to fix this program so it works better, and we have to get the word out. When I was a young commander, no one told me about EFMP. I had to learn about it on my own."

In the near future, EFMP officials at the Family and Morale, Welfare and Recreation Command will implement a system that fully supports families with special needs at five pilot locations: Fort Belvoir, Va.; Fort Campbell, Ky.; U.S. Army Garrison Grafenwoehr, Germany; Fort Leavenworth, Kan.; and Joint Base Lewis-McChord, Wash.

Also in the near future, the Army will identify what's required for joint services to participate in this program.





Army Community Covenant celebrates second year

By Army Community Covenant Public Affairs

Army Photo

ARLINGTON, Va. -- The Army Community Covenant commemorates its two-year anniversary this month with an appreciation and thanks for communities, organizations and Americans who continue to support Soldiers and their families.

The secretary of the Army created the Army Community Covenant in 2008 to foster and sustain effective state and community partnerships needed to improve the quality of life for those belonging to the service.

The program officially launched with the first Community Covenant signing ceremony April 17, 2008, in Columbus, Ga., between Fort Benning and its surrounding communities. Since then, more than 460 signing ceremonies have taken place in 48 states, three territories and the District of Columbia, as all pledged their assistance.

Indeed, Americans certainly recognize that Soldiers and families make considerable sacrifices as they defend

nearby Fort Stewart and Hunter Army Airfield, when he was the commander of the 3rd Infantry Division. Lynch had just returned from his second tour in Iraq and was on his way to assume command of III Corps at Fort Hood, Texas.

The general understands what gratitude looks like. "The generosity of America's neighborhoods, towns, cities, and counties is astounding," Lynch said. "Every day communities devise new ways, both small and large, to demonstrate their appreciation for Soldiers and families."

Lynch also stressed the importance of community support. "As the Army reflects the face of America, the Army Community Covenant reflects the face of America's gratitude," he said. "It's all about relationships."

There are many ways Americans can express their appreciation to service-members. For example: Adopting a unit, which not only includes sending



the Nation, say Army leadership. Long deployments, frequent moves and separations are just a few of the unique stresses military families face daily.

Since the birth of the Army on June 14, 1775, communities, organizations and individuals have stepped forward to help mitigate stresses associated with military life. The Community Covenant highlights that support, while also striving to inspire Americans to continue to recognize and support the men and women in uniform. Community support is essential to the readiness of the Army; it contributes to the strength and resilience of U.S. Soldiers and families.

Lt. Gen. Rick Lynch, commanding general of Installation Management Command and assistant chief of staff for installation management, has oversight of the Community Covenant program for the secretary of the Army. Lynch signed a covenant with the Coastal Empire community in Georgia on July 11, 2008, including the seven counties and 10 cities surrounding

care packages to deployed Soldiers, but also supporting families left behind, is a great way to get involved. Such generosity breathes life into the Army Community Covenant. Plus it helps to provide Soldiers and their families a quality of life commensurate with their service.

In August 2009, a revamped Community Covenant website - www.army. mil/community - was launched to more easily identify programs by categories based on needs of Army families. The website also shares programs to help Americans support troops in meaningful ways. More than 100 national programs can be found, as well as more than 500 state and local programs, including grassroots efforts right outside the gates of Army installations. And a Facebook page was created to provide a feedback mechanism.

Another recent initiative highlighted through Community Covenant is called "Letter from Hollywood." This project was created by actor D.B. Sweeney, who is collecting open letters of sup-

port from celebrities. These letters express the gratitude of entertainers who understand the service of Soldiers and families

"I'm extremely grateful for the sacrifices you and your families make every day to keep America safe," Sweeney wrote in a letter to the troops. "I've come across many other people in show business who also support you. (Who) quietly appreciate the admirable reasons you volunteered and the ideals you uphold. And that's what Letter From Hollywood is all about. Giving some of these folks a way to reach you."

The Community Covenant also acts as a platform to develop a comprehensive support framework of local and state agencies and community organizations to ensure all Soldiers and families have programs and services in their community

nity.

This type of support framework is highlighted by the efforts of the Hispanic Active Relationships Project. On March 6, HARP, a faith-based organization in Brownsville, Texas, hosted a Covenant signing bringing together federal, state and local supporters, such as Congressman Solomon Ortiz.

Their efforts resulted in a collaborative network in Cameron County - including faith-based, police, education, government and non-profit organizations - to provide support to military members and their families in the lower Rio Grande Valley. By signing the Covenant, every attendee offered specific support in their own way. "It's all about bringing together the needs of the military families with what this wonderful, rich community that Cameron County is, can offer to support them," said Karen Anzak, associate director of HARP, following the signing ceremony

Community support of our military and their families is also a priority for the Obama administration. First lady Michelle Obama visited the Pentagon April 9, to show her appreciation of servicemembers, their families and Department of Defense civilians.

While addressing hundreds of Pentagon employees, she said "As long as I'm first lady, I'm going to keep urging all Americans to do their part, whether it's something as simple as volunteering time or pro-bono services to troops and their families, or making a home-cooked meal for a busy spouse who's struggling to keep it together, ... or something as simple as saying thank you when you see one of our troops in your community."

As the Community Covenant heads into its third year, Army leadership say they thank every community, organization and citizen who has work hard to ensure military members and their families have a strong support network of friends, neighbors and communities. And they urge all Americans to do what they can to enhance that network.

Garrison Assistant Inspector General

By Ivelitza Roman, Maj, IG

Garrison Fort Buchanan announces an addition to the Inspector General (IG) office, Maj. Ivelitza Roman, who just arrived from the IG School with new ideas and goals for the office. Her main goal is to continue to render assistance to commanders, Soldiers, family members, DA civilians, retirees and others who seek help. Roman expects to reinforce the trust in the IG system to provide optimum support. Recently, the IGs realigned under the operational control of the 81st Regional Support Command. Part of her job is to reassure a seamless transition to IG customers.

The IG's mission is to inquire into and periodically report on matters affecting mission performance and the state of discipline, efficiency, morale, economy, readiness, and esprit-decorps of the Fort Buchanan community. She supports those community members - military and civilians who seek help with problems related to the U.S. Army. She will also perform other duties as may be required by law and regulation or as directed by the Directing authority. Roman said, "I will perform all duties and responsibilities in accordance with Army standards and regulations that govern the IG system. I will also focus on systemic issues that impact the Army and the performance of organizations and their work force." The system could be complex at times. Her main concern is to guide customers to comprehend the IG system. On occasions, individuals will not seek advice from the IG in fear of retaliation or lose of confidentiality. Her objective is to teach and train our population the IG process and its functions.

Not only IGs are the eyes and ears of the Commanders; we welcome everyone who requires our assistance to include Soldiers, Family members, DA civilians, and tenant organizations. Even though our structure has certain statutes of limitation, she will ensure that the appropriate agency is involved to facilitate solving the issue. Other IG functions include inspections and investigations.

When asked what her short and long range initiatives are, she answered, "To develop a teach and train initiative for all Commanders." The focus will be on how the IG helps organizations to improve operations, accomplish command objectives, and how commanders can assist.

She urges the military, civilians, and tenants to assist the IG Office by effectively managing and maintaining a climate that positively affects the lives of the Soldiers, DA civilians, and family members in Fort Buchanan.

"Top priorities are to support the vision, mission and intent of the Leaders and the Command Inspector General and to provide adequate and impartial advice to the Commander, tenants, DA civilians and everyone on issues that affect the readiness and functions of their organization," concluded Roman.

Thousands of vets missing out on better benefits

Stars and Stripes

WILMINGTON, N.C. -- Only a fraction of wounded veterans who could get better benefits have applied in the two years since Congress, acting on concerns the military was cutting costs by downplaying injuries, ordered the Pentagon to review disputed claims.

As of mid-March, only 921 vets have applied out of the 77,000 the Pentagon estimates are eligible, according to numbers provided to The Associated Press by the Physical Disability Board of Review. The panel was created in 2008 but started taking cases in January 2009.

More than 230 cases have been decided, about 60 percent in favor of improving the veteran's benefits, while an additional 119 case were dismissed as ineligible.

Advocates and even the board members themselves want the review panel to do a better job of getting the

"Quite frankly, I would like to see more opportunities for us to reach out to these people," said Michael LoGrande, president of the three-member board that has a staff of 10. "But we are doing the best we can with the limited people and resources we have.

LoGrande said the board is trying to reach eligible vets mainly through veterans groups.

At issue are disability ratings based on an injury's severity and long-term impact. Veterans rated below 30 percent disabled with less than 20 years of service receive a one-time severance payment instead of a monthly retirement check. Also, their health care switches from the military to the strained VA system, and their families lose military health insurance.

A rating above 30 percent means monthly income and military health care for the family.

A disabled service member's severance pay and monthly retirement is based on active-duty pay, years of service and if the service member's injuries are combat-related.

Congress created the board after investigations found inconsistencies in how the military assigns ratings for

the level of disability that soldiers, sailors, airmen and Marines have before they are discharged. Veterans advocates protested that the military was manipulating

disability ratings to save money.

Orin Higgins, 30, injured his back while he was stationed in Korea. The Army discharged him on medical grounds in May 2006 with no benefits, even though the injury hampers everyday chores.

"Tying my shoes is difficult," said Higgins, from Mountain Grove, Mo. "I can't get a job because all I know is construction and roofing and you can't do that with a bad back."

Higgins appealed his Army rating to the Physical Disability Board of Review in May 2009 and was approved for a higher rating by the board in February. "I think they've righted a wrong," he said.

The panel is managed by the Air Force and charged with reviewing appeals from former members of the armed forces who received disability ratings of less than 30 percent from Sept. 11, 2001 to Dec. 31, 2009.

Before Congress created the streamlined process, veterans could appeal but were subjected to a lengthy review by a military panel that rarely changed the ratings. "I think flat out that we've done exactly what the Hill

wanted and what (the Office of the Secretary of Defense) wanted," LoGrande said, "and it has resulted in a bump in the number of people that flip to a disability retirement."

Under the new system, the board makes a recommendation in an average of about eight months. The recommendation is sent to the service secretaries, who more than 90 percent of the time have accepted the board's review, according to numbers provided by the

"I think each of these cases is given substantial rigor. We take exhaustive measures to make sure we're doing the right thing," LoGrande said. "That is why when I see the Army, which has the preponderance of applicants, adopting almost 100 percent of our recommendations."

Veterans advocates say more outreach is needed. "Less than 1,000 have applied, to me they really need to do a better effort to get the word out," said Mike Hayden, deputy director of government relations for the Military Officers Association of America. "The success rate tells me there was a definite problem and the Physical Disability Board of Review is out there

Hayden said military and veterans' service groups were provided with information about the board for their newsletters when the board first started taking cases. He has also seen some information released through a Defense Department news release.

"In order to reach out to make sure everyone is contacted, we think it needs to be a personal letter," Hayden said.

The Military Officers Association of America and other veterans groups drafted a joint letter urging the Defense Department and Department of Veterans Affairs to send letters to all veterans eligible for a review.

Retired Army Lt. Col. Mike Parker, an advocate for wounded soldiers, said it would be easy for the board to get the addresses of eligible veterans because most get Department of Veterans Affairs benefits.

'I personally think they are not trying to find people because the more they find, the retirements will add

LoGrande said he has spoken in person to veterans groups about the board. Since there is no sunset on the board, he said the review board has time to reach out to all eligible veterans. "This is a unique situation that we are a (Department of Defense) board that really services not active members, but former members," LoGrande said. "The best venue is to pursue it through veterans groups."

PR Senate Honors Female Veterans

(Cont. from page 9)

also a mother. He shared an anecdote of an interview where Sgt. Quiñones was asked if she repented for being a Soldier. Her answer was "It's going to take more than a little wound for me to leave the Army.

The proponent and host for the event, Senator Lucy Arce Ferrer described the activity as "simple but filled with much love." She remembered when she started as legislator she presided the Woman's Commission. Since then she has been an advocate for women's rights. As part of that commitment, she recently proposed a Senate Bill to declare March 9 as "Female Veterans' Day"; identified health services and equal treatment through TRICARE as a priority; and is currently working in establishing a USO facility at Luis Muñoz Marín International Airport for the use of Soldiers, Veterans and their families.

"Every right holds a responsibility to guarantee the postulates represented by our flag – liberty, democracy and opportunities for all," Senator Arce said. "The rights to education, health services, and religious freedom are examples of the postulates that moved these women to offer their lives. Thank you for what you did, for what you do and for what you will do so our youth sees the military career as a way to develop discipline, commitment, values and opportunities," concluded Senator Arce.

List of female veterans honored by the Puerto Rico Senate on 14 April 2010 at the Capitol Building. The ceremony took place in the Samuel R. Quiñones Assembly Room in presence of Legislators, state and federal government officials, military organizations, Families and friends. The Veterans honored are:



Senator Lucy Arce Ferrer presents a copy of P.R. Senate Motion 1752 dated April 12, 2010 to PFC (Ret) Carmen García Rosado, author of "Las WACs" and one of the fist 200 Puerto Rican women accepted in the Army in 1944.

Photo by Leo Martinez

Army -

Pvt. 1st Class Cristela Torres, Blinded Veterans of America

Pvt. 1st Class Carmen García Spec. Leslie Caldera Morales

Spec. Junerys T. Muñiz Acevedo

Spec. Luisa Rosado Vega, Veterans of Foreign Wars

Spec. Brauly Quiles Adamés

Spec. Deborah Dones Escalera, Paralyzed Veterans of

Spec. Zylmarie Cajigas Ayala

Spec. Lynnette Alvarado Rosario, Morovis Veterans Home

Spec. Nancy Avilés Tirado

Sgt. Migdalia Miranda

Sgt. Amyvette Herrera González

Sgt. Yadira Valle López

Sgt. Jessica Negrón Ândujar

Sgt. Lourdes Caraballo Mercado

Sgt. Joanna Colón

to correct it."

Sgt. Janelly Pérez Williams

Sgt. Sadilka Ferrao, Army Reserve

Sgt. Elamar Quiñonez Mojica, The Military Order of the Purple Heart

Sgt. Eva Torres, The Silent Warrior

Staff Sgt. Maríadelaida Natal O'Conner

Staff Sgt. Dolores D. Cutis

Staff Sgt. Ángeles Guzmán

Staff Sgt. Carmen E. Sanchez

Sgt. 1st Class María Torres Díaz

Sgt. 1st Class Daisy I. Vallés

Sgt. 1st Class Magda Caquias Vélez, Guardia Nacional Master Sgt. María G. Romero Ortiz, 65th Infantry

Regiment Retired Association

Sgt.. Maj. Ana Jusino, The Retired Enlisted Association

CW2 Denisse Vallellanes Suárez

CW3 Sonia Graves

Maj. Elsa Cortés

Maj. Emilia Negrón Resto, United Nacional Defense Service Command

Lt. Col. Myrna Ortiz Berríos, Ayuda al Veterano, Inc Col. Milagros Bonilla Cruz

Navy Reserve -

Spec. Jannette Rivera Báez

Spec. Vivián Millán Serrano

Petty Officer First Class Cyndia Ramírez Dávila,

Disabled American Veterans



Fort Buchanan Promotes a Healthy Environment

By Addy Molina DPW, Environmental Division

"PICK 5" - Do more to protect yourself and the environment by choosing at least five actions (below) you'll commit to. "Pick 5" also helps you identify more actions you can take in the future.



Use less water! Take showers instead of baths, fix leaks, and turn off the faucet when brushing your teeth. Buy efficient fixtures

by looking for the Water Sense label.



Commute without polluting! Use public transportation, carpool, walk, or bicycle whenever possible to reduce air pollution and save on fuel costs.



Save electricity! Do a home energy audit, get programmable thermostats, buy Energy Star products, turn lights off when not in use, and change your light bulbs to compact fluorescent light bulbs.



Reduce, reuse, recycle! Try to find products with less packaging, take reusable bags on shopping trips, and recycle other products.



Check your local air quality! When you exercise outdoors, use your local air quality forecast to help plan the best time for a workout or run.

Use chemical safely! Read containers labels carefully. Lock pesticides, paints, and cleaning products in a safe place and Keep these products away from children!

Recycle electronics! Take your old computer, DVD player, or other electronics to a recycling center. This helps keep toxic substances (such as lead and mercury) out of the landfill.

Spread the word! Educate others at your workplace or where you go to school. Encourage people to "Pick 5" actions from the list for the Environment.

For more information please contact the DPW Environmental Division at 787-707-3572. For utilities maintenance and repair, contact the DPW Service Desk at 787-707-3971.



Sustaining, Supporting, and Defending Safety Excellence - Spring Cleaning

By IMCOM Safety Office

IMCOM Safety Gram 10-14: Spring Cleaning.

Spring is the traditional time of year when we seriously clean our homes. While this is a rewarding activity, it can also be a risky one. Falls, cuts, chemical burns, and electrical shock are just some of the injuries which can occur. You can survive spring cleaning by following these safety tips.

Wear protective clothing. Sturdy shoes will protect your feet if you drop something, bump into an object, or step on something sharp. The soles of the shoes should be made of non-slip material. Wear vinyl or rubber gloves when you use liquid cleaning products. Cloth or leather gloves will protect your hands from minor injuries which can occur while you are dusting, moving furnishings, and handling debris.

Beware of electrical hazards. Keep moisture away from electrical appliances and outlets. Don't spray cleaning products directly onto light switches or the fuse panel area of an electrical stove. Ordinary household vacuums must not be used on damp surfaces.

Watch for overhead electrical hazards. Never touch a light fixture while you are on an aluminum ladder. When using an extension pole to clean ceilings or wash windows, stay away from lights and power lines.

Slips, trips, and falls are common household accidents, and they can occur easily when the house is in disarray during spring cleaning. Keep traffic areas clear of buckets, cords, boxes and other obstacles. Clean up spills promptly, and move carefully on damp surfaces.

Look over your shoulder before you back up. Many housekeeping accidents happen as a result of tripping over objects or bumping into obstacles when backing up

Read the directions before using any cleaning product. When using the product, keep the work area well-ventilated. Many chemicals used for house cleaning can cause irritation to the respiratory system as well as burns to the eyes and skin.

Never mix bleach and ammonia because this creates a deadly gas. Avoid using ammonia cleaning products in the bathroom at the same time as cleaning products containing bleach. Another way which this deadly mixture accidentally occurs is by pouring a bucket of ammonia cleaning product, which has been used for cleaning floors or windows, into a toilet bowl already containing a bleach product.

When you use cleaning products to remove soap scum from shower doors and walls, keep in mind this soap residue is slippery. Clean the bathtub or shower floor thoroughly so the soap does not create a slipping hazard.

Ladders are involved in many serious injuries at home. Make sure the ladder is in good condition. Place the base of the ladder on a solid, even surface. Do not stand on the top few rungs of a ladder. Do not lean away from the ladder because this can cause it to tip over.

Use sturdy scaffolding and good sense when doing work at heights such as cleaning stairwell ceilings or second story windows. Consider hiring an expert for this kind of work.

Lift safely. Plan how you will pick something up and where you will set it down. Get help if necessary. Use the strength in your legs, not your back, to pick up a load. Bend your knees, and keep the load close to your body.

Supervise children and keep cleaning chemicals out of their reach.

Follow these suggestions this spring and year-round to prevent accidents while you are house-cleaning

DoDEA-PR School One-stop Registration

By Connie Acevedo Office Automation Assistant

The DoDEA-PR School Year 2010-2011 One-stop Registration will be conducted from 14-17 June 2010. Required documents are as follows:

Current military orders or civilian agency certification letter; Power of attorney, if applicable; Birth certificate; Local mailing and home address; Emergency contact information; Report cards and other academic records; and proof of physical examinations and an immunization/vaccination record and evidence of any special testing or screening.

Students cannot start school unless immunizations are updated in accordance with DoDEA standards. Registration will be from 8:00 a.m. to 2:00 p.m. in the DoDEA-PR Superintendent's Building #566.

Students must be 4 years old by September 1 to enroll in the Pre-Kindergarten program, 5 years old by September 1 years old by September 1 years old by September 2 years old by September 3 years old by September 2 years old by September 3 years old by September 4 years old by September 3 years old by September 3 years old by September 4 years o

tember 1 to enroll in Kindergarten , and 6 years old by September 1 to enroll in First Grade.

You will be able to attend on the date that corresponds with your last name: June 14 (A-H); June 15 (I-O); June 16 (P-S); June 17 (T-Z). Parents who missed the first three days can register on 17 June

Also the DoDEA-PR School Board Elections will be held at Antilles High School on Thursday, 20 May 2010, from 7:00 a.m. to 4:00 p.m. To be elected as a member of the DDESS Puerto Rico School Board, an individual must be the parent of an eligible child currently enrolled in the school system.

Ms. Pam Pagan, Registrar, can be contacted at 787-707-4621 (email: Pam.Pagan@am.dodea.edu) for more details.

Women as an...

(cont. from page 11)

to go the extra mile and carry the heavy load until mission's accomplishment. Primary example are the females in the current operations assigned at the forward support companies who frequently engaged in combat while distributing logistics support to the Soldiers in the most dangerous environment. Females and males are American Soldiers capable of defeating and destroying the enemy in the front line, accomplishing the mission with the highest standards and remaining tactically and technically proficient in Warrior Tasks and Drills. The bottom line is if women want to fight for their country as infantry Soldiers, they should have the opportunity to do so.

Note: Josielyn Carrasquillo is a Major in the United States Army, currently attending the Command General Staff College. She graduated from the UPR Rio Piedras campus in August 2000 and was commissioned as a quartermaster officer. Carrasquillo has served in numerous leadership positions, such as: platoon leader and executive officer, 612th QM CO (AS), Ft Bragg, NC; executive officer, 249th QM CO, Kuwait (OIF I); S-1, 530th Supply and Services Bn, FT Bragg, NC; Fuel and Water Manager, 3rd Corps Support Command (COSCOM), Iraq (OIF IV); Company Commander, 5th QM CO (AS), Germany, and presently as logistics planner, 21st Theater Sustainment Command (TSC), Germany.

2010 Fort Buchanan Army Earth Day Expo

By Aníbal Negrón, P.G., REM Acting Chief Environmental Div

Earth Day is an opportunity for US Army Garrison Fort Buchanan to reassert our belief that a strong, healthy environment is important for protecting our future. Just as the Army is working to ensure the stability of its forces, we must also ensure that the environment maintains its balance. As part of a year-round commitment to the environment, Fort Buchanan's Community joined with local and federal agencies, as well as energy and water conservation companies, to celebrate Earth Day on 30 April 2010 at the Community Club, Building 660. This year, the major theme is Renewable Energy and Water Conservation. Activities include presentations, environmental expositions, special activities for students, energy and water conservation demonstrations, and other community outreach activities.

For additional information on environmental conservation contact Alicia Navedo, DPW Environmental Conservation Manager at telephone 787-707-3508 or email at Alicia.navedo@us.army.mil.

To be Army Green is to be Army Strong!

BEACH CLEAN-UP

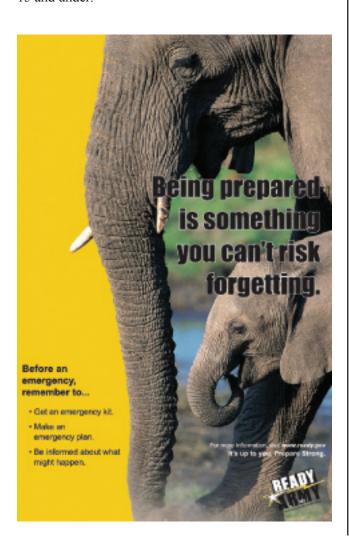
By Dilcia Gonzalez PAO, National Park Service

Superintendent Walter J Chavez announced the annual spring park clean up activity to be held on Saturday, May 15 from 9:00 a.m. to 12:00 p.m. The cleanup will take place on the north beach of Castillo San Cristobal, which features the historic Garita del Diablo and community of La Perla Maintaining this seashore contributes to caring for our environment as well as safeguarding our historical resources

Volunteers should meet at 8:45AM at Plazita Norzagaray located on the Calle Norzagaray entrance to Castillo San Cristóbal for grouping in teams and to pick up cleaning equipment. Participants are asked to wear shoes for walking over uneven surfaces and appropriate clothing for the warm weather. It is also suggested to bring water and snacks. Volunteers will be given the opportunity to visit the fortifications free of charge after participating in the activity. Children are invited to stay after the clean up to participate in the park's Junior Ranger program which teaches environmental ethics and local history through fun activities. Upon completion, children are presented with their own Junior Ranger badge.

"Again this year, we are asking our neighbors and friends to come out and pitch in to help maintain their National Park. This will also give them the opportunity to visit the Garita del Diablo and stretch of beach along San Cristobal's north walls which are not usually accessible," says Superintendent Chavez. All interested volunteers, community groups or sponsors please call 787-729-6777 during working hours for signing up or getting additional information on the clean up.

San Juan National Historic Site is comprised of Castillo San Felipe del Morro, Castillo San Cristóbal, Fort San Juan de La Cruz (El Cañuelo), the San Juan Gate, and most of the City Wall. The site is open everyday from 9:00AM to 6:00PM, except Thanksgiving, Christmas and New Years Day. Admission to San Juan NHS is \$3 for adults for one fortification and \$5 for both; free for those 15 and under.



PX Fits Feet for the Long Haul

By Grace M Fuentes AAFES Market Coordinator

Puerto Rico – Soldiers are expected to run long distances as part of their regular workout routine. With this in mind, the Army & Air Force Exchange Service (AAFES) offers a wide selection of footwear to help military shoppers at Fort Buchanan ensure they have shoes that properly fit their feet.

AAFES' "Fit Your Foot" program explains how to choose a running shoe based on correct size and type of foot. The PX has the "Brannock Device" available to measure foot length and width to determine shoe size as well as brochures that explain how to take the 'wet test' to conclude what kind of foot type and shoe shape to look for.

"In order to withstand the physical toll running has on the human foot, athletes need to ensure they have the best footwear possible," said the PX's General manager Rick Mora. "AAFES is educating military shoppers on how to choose the best footwear possible to ensure they spend less time with blisters and aches and more time on the track and treadmill."

Select shoes in the "Fit Your Foot" program are color-coded for easy recognition of the three main types of footwear: stability for normal feet, motion control for those with flat feet and cushioned for those with high arches.

"Fit Your Foot" evolved from the "Fit the Foot" program which began in 1999 at Fort Jackson, S.C. The program was created in conjunction with the Army to help decrease the number of injuries amongst recruits.

The Army & Air Force Exchange Service (AAFES) is a joint command of the U.S. Army and U.S. Air Force, and is directed by a Board of Directors who is responsible to the Secretaries of the Army and the Air Force through the Service Chiefs of Staff. AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and of generating non-appropriated fund earnings as a supplemental source of funding for military Morale, Welfare and Recreation (MWR) programs. To find out more about AAFES' history and mission or to view recent press releases please visit our Web site at http://www.aafes.com/pa/default.asp.

It pays to be 'Green' at Fort Buchanan

By Grace M. Fuentes, AAFES

Puerto Rico – The Fort Buchanan PX is rewarding military shoppers who are doing their part for the environment through its new "Use a Bag, Save the Planet" initiative.

Instead of using traditional plastic bags, retail facilities at Fort Buchanan are encouraging shoppers to bring their own reusable bags. Beyond helping the environment, shoppers that "Use a Bag, Save the Planet" will get five cents back for every reusable bag used.

"The Army & Air Force Exchange Service desires to be an environmentally responsible retailer and a 'green' place to shop," said the PX's General Manager Rick Mora. "By rewarding the use of environmentally-friendly bags we hope to begin changing behaviors today to put us on a path for a cleaner tomorrow."

The five cent credit applies only to shoppers who bring in and use reusable shopping bags (plastic bags do not apply) at the Main Store and all other AAFES-operated retail facilities at Fort Buchanan. As such, Soldiers who simply decline a plastic bag, but do not utilize a reusable bag, will not qualify for the five cent credit.

The Army & Air Force Exchange Service is a joint command and is directed by a Board of Directors which is responsible to the Secretaries of the Army and the Air Force through the Service Chiefs of Staff. AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and generating non-appropriated fund earnings as a supplemental source of funding for military Morale, Welfare and Recreation (MWR) programs. To find out more about AAFES' history and mission or to view recent press releases please visit our Web site at http://www.aafes.com/pa/default.asp.

How to Prevent Back Problems at Work

By Safety Office

You can hardly afford to let back problems interfere with work. For a rapidly aging population, and young folks alike, work schedules can be adversely affected by physical inabilities caused by continued back problems, it's best to look for ways to prevent or alleviate pain in your back. In cases of unspecified medical conditions, back aches could probably be the result of a combination of factors. These may range from genetic to lifestyle-related problems. Certain sedentary jobs are also known to aggravate the back. Back pain can make it difficult to concentrate on the job at hand, but making the effort to find out what triggers workplace back problems can help you avoid it. Whether it's a dull ache or a throbbing sensation, it can hamper your pace of work, so doing a little research will go a long way in helping you on your road to recovery.

Additionally, many occupations, such as nursing, that require odd positions and frequently bending over also make significant demands on the back. Even so, routine office work can still cause back distress. Here are a few suggestions to help avoid back pain by understanding what causes them and focusing on prevention.

The chief work-related factors associated with back pain are exerting too much force, repetitive stressful physical movements, awkward body postures and even mental pressure or stress, which lead to muscle tension.

If there is no direct medical problem, then back aches are commonly due to lack of exercise-it's always best to remain fit. If a back problem persists despite exercise, then you need to consider looking into the cause. For instance, it could be a wrong chair, incorrect height of a table or continued wrong posture.

Remember, even if you have a job that requires continued activity, it is not an alternative to exercise. You need to regularly include a balance of cardiovascular workouts and muscle training in your exercise program to help keep your back in healthy condition. You also need to keep your weight in check. Appropriate weight as per height helps minimize stress on the back.

Certain strengthening and stretching exercises that focus on toning your back muscles are very helpful for preventing back aches. Such strengthening exercises help your back muscles as well as your lower spine. Strong and flexible muscles keep the back fit and healthy. You also need to pay proper attention to posture. Bad posture always affects the back. Slouching or sway-back positions where you compromise the body's natural position causes muscle fatigue. You can almost always keep back muscles in good order just by keeping a healthy body balance.

Finally, if you have anything stressful weighing on your mind, then you need to address it immediately. Being under constant mental stress causes your muscles to tense. The more stress you experience, the lower your tolerance to pain-minimize your sources of stress and develop coping mechanisms.

The Fort Buchanan family needs to be a healthy one if we are to provide the much needed services our nation's defense requires....start caring for your health by preventing back problems.



POV/POM Accidents - A Safety Challenge

By Carlos Alvarado, SOH Specialist



To implement an effective safety program in the command, I researched all aspects of safety that apply to the Army Reserve. The first piece of information that raised a red flag was the fact that the primary cause of fatalities across the Army was not combat operations, but traffic accidents.

Army statistics show that as of April, 53 deaths have occurred due to privately own vehicles (POV) and privately own motorcycles (POM) accidents. Speed, alcohol, fatigue, not using seat belts and distracters (i.e. GPS, changing CDs, Cell Phones, etc) are the most cited causes for these accidents. Also, troops returning from theaters, displayed a sense of invulnerability and overconfidence of surviving a hostile environment, this will translate to a display of risk taking behaviors. Imagine, a young Soldier experiencing a high adrenaline rush over a year long deployment, returning home with a wallet full of money, will look for ways to satisfy the need for action and excitement. Other fact is, these troops have not been able to consume alcohol products during the duration of deployment and is a possibility that some of these Soldiers will try to compensate that by overindulging in consuming alcoholic beverages. When multiple factors combine, they exponentially increase the chances of accidental fatalities. The Combat Readiness Center has done an extraordinary job by providing tools to Commanders, Leaders, Soldiers and Family members to promote awareness and implement control measures to mitigate this trend.

Army leaders have implemented mandatory re-integration training for regular Army units returning home. The week plus training, includes the combination of religious, psychological, and safety among others resources to tackle all possible obstacles preventing Soldiers from a successful reintegration to their families and communities.

The key factor is that Commanders have the authority to lock down there units until the training is completed. On the other side, "the side I have to deal with" Army Reserve units and individual mobilized Soldiers do not have access to this lock down mandatory re-integration training. Most Reserve units will return directly home from the mobilization station. Reserve Soldiers have 90 days after returning to report to work and Battle Assemblies. It is well documented that accidents are occurring during the first 30 days of returning home. So, this is the real challenge for Army Reserve Leaders and Safety professionals to outreach the troops and cover death spaces.

The Army Reserve and National Guard implemented an initiative as a part of the Family Readiness Program call "The Yellow Ribbon Re-Integration Program." This initiative provides units and individual Soldiers with the necessary tools to promote a healthy and safe environment during pre-deployment and post deployments phases of the mobilizations. One of the fundamental elements of the program is the incorporation of family members into all phases. Another tool available to prevent POV accidents is through the implementation of the Army Traffic Safety Program. The program is fully functional and available in most Army Garrisons for Regular Army units. Reservist must travel to the nearest installation to receive the mandatory training.

Communication between Commanders and Safety professionals is fundamental to a successful safety program. Commanders and supervisors must embrace and enforce safety by incorporating it into all aspects of operations versus treating it as separate element. Non Commissioned Officers must stay engaged by coaching and mentoring continuously soldiers under their supervision. Individual Soldiers and DOD civilians should apply the buddy system on and off duty to ensure a 360 security perimeter is on effect. The fatalities are going down in comparison with previous years, but the fight is not over and one fatality is one too many.



Lt. Col. Diaz-Rex receives commemorative plaque from Col. Fernando Fernandez 1st MSC Commander.

On March 31, 2010 at Fort Buchanan's Community Club, a lunch was given to commemorate the Women's History Month. The guest speaker for event was Lt. Col. Julia Diaz-Rex. She is a Judge Advocate General officer with over 14 years of military service. She graduated from Florida International University with a B.A. degree in International Relations. Following graduation, Diaz-Rex attended Thomas M. Cooley Law School in Lansing, Michigan and graduated with a Juris Doctor in 1993. In 1995, she received a direct commission as an officer in the US Coast Guard. Her first duty assignment was at the 7th Coast Guard District in Miami, Florida, where she served on active duty for over four

years as a member of the General Law Branch and as Chief of the Operational Law Section. During her tour, she earned the American Bar Association's Outstanding Young Military Lawyer Award and the National Image Award for promoting diversity. In 2006, she transferred to the United States Army Reserve serving as Chief, Military Justice, 174th Legal Support Organization (Team 2), attached to Fort Buchanan, Puerto Rico. In 2009, LTC Diaz-Rex was selected for promotion to Lieutenant Colonel. Shortly thereafter, the Army Judge Advocate General selected her to be the Command Judge Advocate for the 210th Regional Support Group in Aguadilla, Puerto Rico.

Civilian Personnel Liaison Officer

By Spec. Carlos R. Ramos, 1st MSC CPLO Admin Support Assistant

On 19 April 2010 Mr. Miguel A. Isaac, Command Executive Officer for the 1st Mission Support Command swore in Monserrate Vergara Soto for the position of Management Services Specialist. The ceremony took place during the Command Review and Analysis Activity at the Double Tree Hotel in San Juan, Puerto Rico.

The Army Reserve community congratulates and welcomes Vergara-Soto to his new position as the command's civilian personnel liaison officer.





PRimeros in the News

471st Engineering Company - Humanitarian Outreach Project

Story and Photos by Sgt. 1st Class Alfonso Flores. PAO,1st MSC



Staff Sgt. Luis Vazquez as he repairs a drawer of the kitchen cabinet in the home of Esteban. Vasquez was one of the many Soldiers who came to the aid of the Mendez Family in Añasco.

Back in December 2009, the US Army Reserve 1st Mission Support Command received a commovating letter from a volunteer organization, spearheaded by Mrs. Waleska Marrero with a request for help.

The Family of Esteban Gabriel Justiniano Mendez, a four year old boy who has Prader-Willy Syndrome, Opsoclonus Syndrome, progressive Myoclonus Epilepsy, Lack of Hormones, Retinopathy grade 4 and a permanent Tracheotomy, needed help for roof and ceiling repairs, bathroom improvement, painting of the house and fixing kitchen fixtures.

After reviewing the request and insuring Army requirements were met, the command decided to go ahead with the project and assist Esteban's family.

In April, the 471st Engineering Company (Vertical) was tasked with the community outreach project located at Altura De Librada Sector in Anasco, Puerto Rico.

The humanitarian project being performed by these Soldiers of the 210th Regional Support Group, Ist Mission Support Command had the primary goal of providing a safe and healthy environment for Esteban's benefit and allow his mother to better provide for his care

All construction and repair materials were donated by selfless persons, who wanted to join in this heartfelt endeveur, to include members of the 471st.

A lot of hard work and long hours were dedicated to fulfill the needs this family, but according to the Soldiers it was something they had to do. The 471st wished they could do more for their local communities and persons like Estaban.

Soldiers also benefit from these type of outreach projects because it allows them to maintain proficciency and readiness in their skills and at the same time allows them to give back to communities throughout



A photo of Esteban Gabriel Justiniano Mendez with his mother Norma Mendez.

475th Engineer Company - La Plena Community Outreach Project

Story by Maria I. Valle Perez, Family Readiness Group, 475th Engineer Co. Photos by SSG Gilberto Gullon, Project NCOIC, 475th Engineer Co. (HZ)



The abandon community center.

The 475th Engineer (HZ) Co. undertook another Outreach Project at La Plena Community in the municipality of Salinas P.R. The NCOIC of the project was Staff Sgt. Gilberto Gullon, who was supported by an 8 Soldiers Construction Team. The mission was the reconstruction of a abandoned community center. This center was rehabilitated and refurbished to house the new Community Electronic Library.

A lot of hard work and long hours were dedicated to fulfill the needs this project presented. La Plena Com-



The construction team at work repairing the facility.

munity received the center with a turn in ceremony on April 24, 2010. The Salinas Project Team Members were: 2nd Lt. Mike B. Martinez - Project OIC, Staff Sgt. Gilberto Gullon - Project NCOIC / Electrician, Staff Sgt. Francisco Jusino - Construction Engineer Supervisor Sgt. Edward Rivera - Safety NCO / Senior Mechanic, Sgt. Luis Fonseca - Heavy Construction Equipment Operator / Worker, Spec. Gabriel Torres - Heavy Construction Equipment Operator / Worker, Spec. Norbert Prats - Heavy Construction Equipment



The new and improved Community Electronic Library for the Salinas community of La Plena.

Operator / Worker, and Spec. Jose Santiago Galarza - Heavy Construction Equipment Operator / Worker, Plumber and Pipefitter.

The team was augmented with two Soldiers of the 471st Engineer Co. (V); Spec. Lee Andujar - Carpenter and Masonry Specialist and Spec. Jose Gomez - Carpenter, Heavy Construction Equipment Operator and Masonry Specialist.

PRIMEROS







On April 14, 2010 the Puerto Rico Senate honored women veteran Soldiers who had served in military conflicts in Vietnam, Iraq, or Afghanistan. The ceremony brought female veterans together from all branches of the military. (L to R) SSG Eddie Luz Jusino Sepulveda, CW3 Sonia Graves, SPC Brauly Isabel Quiles, SGT Elamar Quiñones Mojica, SFC Maria Torres Diaz, SSG Angeles Guzman, COL (P) Fernando Fernandez, SPC Leslie Caldera Morales, SGT Sadilka Ferrao, SGT Janelly Perez Williams, SSG Maria Delaida Natal O'Conner, SSG Dolores D. Curtis and Miss. Elsa Cortes, Director of the Family Readiness Programs.



Spec. William Rodriguez, 276th OD Co, married Arynette Rivera Oliveras on April 11, 2010 in a ceremony held at the Fort Buchanan Chapel. This young couple also took advantage of the Chapel annex to celebrate their wedding reception. The chapel annex is one more benefit for Soldiers getting married at the Post Chapel. Curious enough, this wedding came about after a Yellow Ribbon Reintegration Program phase 1 and 2 at the Fort Buchanan Community Club. As you can see, next time you go to a Yellow Ribbon, not only will you walk away with sound advice, but who knows, you may also walk away with your future bride! The couple thanked Chaplain Joel Vega and the chaplain's office for their support and Mrs. Ivelisse Garcia, 1st MSC Family Programs as the official wedding coordinator.



The 1st MSC congratulates Shedaly Martinez Mass on her direct commission as 2nd Lt. in the US Army. This single mother of 2 girls joined the US Army Reserve in November 2006 as a Military Police in the 301st MP Co. In 2008 she deployed to Iraq as part of the Con Air Team. The team conducted air movement and security operations with emphasis on custody and control, force protection and humane treatment of detainees. Her dream was to become an officer in the US Army so she could lead from the front and make a difference among her peers. On 15 April 2010 her dream came true as she was commissioned in the US Army Medical Service Corp and assigned as Medical Health Care Administrator for the 407th Medical Support Unit in Puerto Nuevo. Again, congratulations and best wishes on vour new endeavor. In the above photo Cpt. Juan Ramirez adminusters the oath of office to Martinez.



Stories and Photos by Sgt. 1st Class Alfonso Flores. PAO,1st MSC



The winners for the 1st MSC Best Warrior Competition Board that was held last 25th of March were presented with some gifts in recognition for their outstanding participation. Col. Fernandez presented to each one of these Warriors a Command Coin for Excellence and at the Leader Warriors Conference to be held at the Ponce Hilton on 28 April, they will be awarded the Army Achievement Medal. The Army and Air Force Exchange Service donated a \$150.00 gift certificate and on the upcoming On April 30th, these fine Soldiers will depart for Fort Jackson, S.C. to compete in the 81st Regional Support Command's Best Warrior Competition. The command is sure they will represent the 1st MSC proudly. Above (L to R) Col. Fernandez, 1st MSC Commander, Spec. Jennisa Galindez (enlisted winner) 301st Military Police Co., Staff Sgt. Sammy Santiago, (NCO winner)268th Transportation Co.,, Command Sgt. Maj. Josué Maldonado, 346th Transportation Battalion, Command Sgt. Maj. Joy Martinez, 393rd CSSB and Lt. Col. Louis Feliciano, Commander, 393rd CSS Battalion.



On 27 March 2010, in a Promotion Ceremony held at Camp Santiago, Salinas, Maj Edna Rivera and Maj. Julia Diaz were promoted to Lieutenant Colonel. (Above) Col. Fernando Fernadez, 1st MSC Commander watches as Mr. Miguel Angel Figueroa Rivera, father of Lt. Col.Rivera, pin the new rank on his daughter. He said that he felt very proud of his daughter's achievements' and that it was a true honor to be able to be present at her promotion. (Below) Maj. Julia Diaz with her husband, Bradley Rex, and her four year old son William Rex, who had the distinct honor of pinning the new rank on "mommy" as Col. Fernandez watched in amusement. Congratulations to both!





On 10 April 2010, Soldiers of the 271st HR Co. and the 398th FI Det. were honored in a Welcome Home Warrior Citizen Award Ceremony held at the Leopoldo Figueroa Hall in the Capitol building in San Juan, PR. Various VIP's, military and civilians, family members and friends were present at the Capitol Building to honor this brave group of men and woman. This prestigious group of heroes was composed of forty two first time deployed Soldiers and seventeen 2nd and 3rd time deployed Soldiers of the 271st HR Co. and eighteen first time deployed Soldiers along with ten 2nd and 3rd time deployed Soldiers from the 398th FI Det.. Welcome back home to all of our Warrior Citizens.